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REVLON LOVE IS ON





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"vs a styler working at 230°C



WELCOME

really love watching dads with their daughters - there's something very magical about that connection. I see it between my husband and my own daughters and I've certainly lived it with my dad. The relationship I have with my dad is the clichéd story-book kind - I have always had him around my little finger and he has always been the apple of my eye who can do no wrong (even when his daddy fix-it jobs produced questionable results). As a little girl I remember being amazed by how smart my dad was - he seemed like he knew everything about everything - which came in very handy when doing school assignments. I used to stroll in to the

Pad and 1 at the opening night of Les Miserables in 2015.

kitchen and casually ask him questions about World Wars/global imperialism/ The French Revolution/The Spanish Armada, etc. Then I'd quickly scribble down his exact answers, which would then pretty much form my entire assignment. #Winning.

Among many things, I have Dad to thank for my love of bedtime stories, my career in media, my great love of hash browns and my taste in men. That's another cliché I ticked – I married a man like my father. Not in the creepy sense,

I REMEMBER BEING AMAZED BY HOW SMART MY DAD WAS"

but in the good man way. My dad showed me what a kind, loving, respectful man looks like and I found that in my husband who will give the same to our children.

To celebrate Father's Day this year, we contacted three very special dads and asked them to write letters to their little girls. You won't know these men, but you'll be very familiar with

their daughters, Turia Pitt, Mel Grieg and Lauren Huxley. And all I'll say is get the tissues and prepare for a big fat cry. It's definitely NSFW.

Enjoy the issue



Bronwyn McCahon, EDITOR





IT'S BEEN A BUSY MONTH ON THE COSMO COUCH FILMING

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Head to cosmopolitan. com.au to watch the videos or download the free CosmoTV app.



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FAVOURITE PRODUCT?

Hove

Bourjois

Blush.

Arbonne

Sheer Glow

It brightens

up my tired

face. Ha-ha!

Highlighter.

EDITOR

Bronwyn McCahon

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YSL Shocking Mascara – gives me a false-lash look and smells delish!

FEATURES

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Evelash curler essential!

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Covergirl LashBlast Mascara. I've been buving this mascara for years.

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Bronzer all the way! It's an essential glow booster.

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Cosmo's run-down of all the cool things you need to do, see, hear and talk about this month

1. THE HASHTAG

Don your boldest pink lippie like the Hart sisters Jess and Ashley and use the #brightpinklipstickday hashtag on September 25 to raise awareness for the Pink Hope foundation. See pinkhope.org.au/brightpink-lipstick-day for more.

2. THE CONCERT

Feel on top of the world by snagging tickets to see Imagine Dragons on their Aussie tour. Visit ticketek. com.au for tour deets.

3. THE FASHION

Spring/Summer Mercedes Benz Fashion Festival is at Sydney's Carriageworks from September 24-26 (mbfashion week.com/australia).



4. THE PRESENT

To celebrate Father's Day on September 6, surprise your dad with an afternoon BBQ or a ticket to the soccer and spend some quality time together #favouritechild.

5. THE FESTIVAL

With Burning Man and
Lollapalooza on this month,
Australia also gets into the
festival groove with Listen
Out in Melbourne, September
26, and Perth on September
27, featuring headliners
Joey Bada\$\$ and Childish
Gambino (turn to page
174 for our interview).
Tickets available
at listenout.com.au.

6. THE SHOPPING

Indulge in some guilt-free shoe shopping thanks to Wittner's new Heel to Heal campaign. Five dollars from every pair of shoes sold in their corporate range (online and in-store) will be donated to The Butterfly Foundation. What are you waiting for? Go shop!

7. THE SKIN

Give your skin a makeover this month with Bioré's three-piece charcoal cleansing set, designed to penetrate and deepcleanse your pores. Pore Penetrating Charcoal Bar (RRP \$4.99), Deep Cleansing Charcoal Pore Strips (RRP \$7.34) and Charcoal Pore Minimiser (RRP \$10.99).



8

8. THE TECH

Up your selfie game this month with the best phone for the job! The Huawei P8's "beauty" setting automatically flips the camera around and counts down on the timer, making selfies easier than ever. RRP \$699.

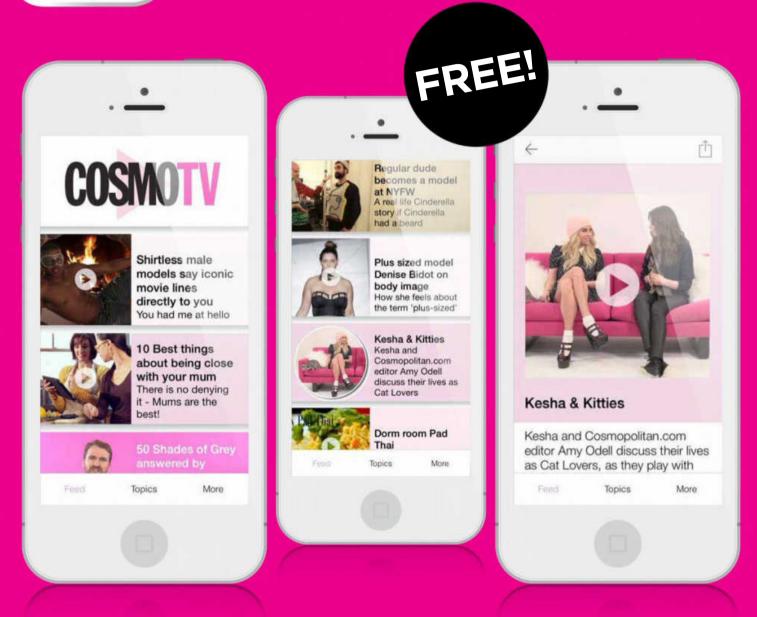
9. THE MAKEUP

Try all the latest beauty trends without breaking the bank. New makeup line W7 – available exclusively at My Chemist and Chemist Warehouse – has all the hottest products, with nothing over \$4.99.





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IN THIS ISSUE-

Page 95: Jesinta Campbell shows you her best workout moves. Page 125: A behind-the-scenes look at all the spring shows at MBFWA. Page 171: DIY envelopes for your old-school stationery.



Scan this page for every bit of bonus content.

ONLYINCOSMO

HE'S SERIOUS ABOUT FINDING "TRUE LOVE"...

"I've been single for four years now and have sort of convinced myself that I'm ready to meet someone. I look at Tim and Anna, who are still together, and think, why not?"

REASONS WE WANT TO GIVE BACHY SAM

Given our hearts are still bruised from last year's hot mess, we sussed out whether the new Bachelor is for real.

The verdict? He can sit with us

A ROSE



"'Third Wheel Woody' is my affectionate nickname my mates give me. I am always the guy at dinner without a girlfriend."

HIS FIRST DATE WAS ADORABLE...

"I was in Year 7 and had a crush on this girl. I asked her out, promising an amazing date, only to be told by my dad [who owned a catering company] that I had to help him out at work that night. He convinced me to get her to come with me. We ended up serving cordial and ice-cream in a van outside a concert, and had a few cheeky kisses between customers."



"I didn't really have a girlfriend until I was 18. I was really skinny and had braces, so it took me a while to really find my feet. I was certainly no Casanova."

HE'S A TOTAL BACHY ROOKIE...

"I'd never even seen a single episode. I think the producers liked it, though, because it meant I didn't have any preconceived ideas — I didn't even know what a town visit was!" Cosmo life lesson #4:

HOW TO GIVE GOOD SMALL

"So... how about that weather we're having?" Oh no! You can do better than that, trust us

hey say good things come in small packages, and it's true. Little blue boxes, tiny origami birds made from \$100 bills, that sort of thing. Where small isn't so fun, however, is when it comes to talking. It doesn't have to be laborious, though. In fact, small talk done right can not only be a delight, it can lead to friendships, relationships and job opportunities. All it takes is a little preparation. Always start with a statement before you lead into a question. "I hear our host just got back from Tokyo" can easily be followed up with, "Have you ever been to Japan?" And small talk doesn't have to be about small things. Do your party guests think Australia should be a republic? Is there life on other planets? Small chat can get big results when done with aplomb.



INOUTA here

THIS CARD ENTITLES THE BEARER TO A CONSEQUENCE-FREE ESCAPE FROM A SOCIALLY AWKWARD SITUATION.*

*No cringe factor. No excuses necessary. No guilt required.

cheese" is good at a wedding.

THE SMALL-TALK
THERMOMETER

"I need..." then an excuse

appropriate to the scenario.

"I need to attack that

Some chats will leave your audience cold while others will have them warming to you faster than you can say, "Cosmo's article ruled."

HOT

"Who do you think would win a fight between Rihanna and Lady Gaga?"

"Do you normally read the reviews before you see a movie?"

"Got any good tips for curing the hiccups?"

"Have you tried the carrot dip? It's delicious."

"Quite the cold snap we've been having lately, huh..."

COLD

THE FIRST COURSE

Small talk is the appetiser to a relationship – tailor it to the reaction you want to get



You want To impress your boss's boss.

Serve up Something classic and classy.

Example "I'm flat-out on this deal before my trip. What's your favourite holiday destination?"



You want A hot new face to remember your name.

Serve up Something a little unexpected.

Example "Hi. Settle an argument for me – which is the best ice-cream flavour?"



You want To be the life of the party.

Serve up Something a bit theatrical.

Example "I sobbed watching [insert latest rom-com]. When did you guys last cry in public?"

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WANNA GET SOME SOME GELATO?

Fictional real conversations with Cosmo's long-standing relationship columnist. 70ë Foster Blake

ZO: Do you like *The Bachelor?* **DEAN:** Jess and I love it but I don't admit it to anyone 'cos reality TV is my secret shame. **ZO:** Oh rubbish. Everyone watches it.

DEAN: I can't believe those girls put themselves up for that kind of humiliation in front of a national audience.

ZO: They know what they signed up for. And it's not humiliating in their eyes.

DEAN: They only care about this guy because it's a contest.

If there weren't 20 other girls chasing him, who knows if they would even notice him.

ZO: I don't think he'd be shy of a date in the Real World...

DEAN: You know what I mean. It's the reason all the girls in school wanted the sports hero: because all the other girls did. It wasn't 'cos he was the nicest, or most thoughtful, or even the best-looking.

ZO: It's called biological competitiveness and it's so interesting and cringey to

watch. The Bachy babes are purposefully pitted against each other and competing at any cost to win the love of a guy they don't even really know. Despicable concept, fabulous viewing.

DEAN: As a guy, I wouldn't choose any of them because I'd know none of them want me for me.

ZO: If that was you, well, that wouldn't be you – you'd never be The Bachelor due to the fact you have a very excellent girlfriend, and also because no girl except Jess would ever date you because you build model railways as a hobby. **DEAN:** We all need some me time, babe.

ZO: Anyway. You just wait till *The Bachelorette* starts... **DEAN:** It won't work. Men won't compete for one chick. Especially when they know she's making out with other dudes. We don't operate like women, we don't up the ante when there's competition; we just quietly pull out of the race. If I even thought there was one other guy trying to be with Jess when we first met I probs would've bowed out. **ZO:** That's really shit. What

DEAN: Well, yes, but in most cases we just don't have the confidence to put up the fight. Also, we're pretty lazy.

about fighting for the one

you love?!

20: Oh, that has not gone unnoticed, don't you worry. I hate thinking so many women out there are tortured 'cos they think guys they meet aren't into them, when really they very well could be but they're too lazy to do the work.

DEAN: That's not entirely true, but it's true enough that I'm ashamed to agree.

ZO: I watched the American

Bachelorette, and the guys were so into it! They were crying and raging; it was intense.

DEAN: You're stuck in a house with just dudes for months.

Seeing any woman would be like Christmas.

ZO: I know it's entertainment, but I can't help watching these

"Biological competitiveness is so interesting and cringey to watch"



shows and thinking, singles could learn some stuff here... **DEAN:** Make sure all your dates involve helicopters? **ZO:** And wear ball gowns as often as possible. But I mean like how powerful absence and mystery is in those early days... it's all heightened for the show, but contestants lose their minds when they can't speak to the Bach. It's like sending text after text with no reply. No contact really is the ultimate aphrodisiac. **DEAN:** That's head game

bullshit, Zo. **ZO:** Meeting someone once or twice doesn't mean you should have an immediate sense of obsession, so that you forget everything else in your life and focus solely on them. The Bach is busy and distracted and dating other people – that's a far healthier approach in my opinion.

DEAN: But I love when girls obsess over me. Jess should obsess over me more.

ZO: As much as you obsess over your model trains? **DEAN:** Impossible.











12 CAMPAIGNS WE WISH EXISTED

These just roll off the tongue, don't you think?

<u>01</u>



Unicorn emojis are a start, but what about mermaids?

02



Hollywood needs more Amy Schumers. Make it happen, Hollywood. 03



We see biology as no barrier to change. Your turn to buy tampons, guys. 04



Can't deal when we have to delete photos.

05



You clean the toilet while we mow the lawn. Housework stereotypes be gone. <u>06</u>



Is it a kiss or is it a kiss-hug? Dilemma is too much. **07**



Pants and bras are uncomfortable, and we're making them optional.

08



No more rock-hard or too-ripe avos. We're aiming high, OK?

09



Try making #guyboss happen, then get back to us.

<u>10</u>

TAGS ON'T FALL YOUR

It's just so annoying when that happens.

Veverending

episodes November

None of this waiting for them to *film* it and *edit* it. When you want new *Game of Thrones*, you get it right away. 12



WORDS BY REBECCA SLOAN

25 is the new 65. Beach, come at us.





he comes home late smelling like

Anyways. The sentiment still

stands. But whether you're using sex as reward or as punishment, this is such a pickle of perplexity that I'm just going to have to open the idea up for debate. Although, I'm kind of the only one here so I'll have to debate... myself. It's sort of like that one dream in which I had a threesome with two Channing Tatums, only not really. But enough about that, let's move on shall we... Who will win?! It's anybody's guess... (it will probably be me though).

YES SAYS EMMA MARKEZIC

Ever heard the phrase "millions of people can't be wrong"? Well, that applies here, tenfold. Almost two-thirds of women admit to using sex as a reward. And fair enough, too. It's a pretty huge part of a relationship – and a pretty gosh-darn fun part, for that matter. So why not say "Hey, babe - good job" with a, well, good job of your own. I agree that all human relationships require some compromise, negotiation and a healthy dose of vitamin respect. But that doesn't mean you can't give those you love a pat on the back, right? Sure, your lady-bro bestie would probably opt for a bunch of peonies while your man-friend would prefer a strip tease, but what of it? Square pegs for square holes and all that. And speaking of holes, yours are yours to do with what you please. Having anyone tell you what's acceptable and what's not is simply not what we've spent hundreds of years of sexual freedom fighting to achieve. Well, unless that person is an emergency room doctor, of course – you should probably listen to what they have to say about what is and isn't acceptable for your holes. But other than that, NO DICE! Case closed. Over to you, Emma.







SAYS EMMA MARKEZIC

Thanks, Emma. I'm afraid I'm going to have to respectfully disagree. Sex is not a weapon and you shouldn't run around in a cape wielding it like Thor's hammer. f that were even a sliver of a good idea, hey would have let Chris Hemsworth do it in the movie. Can you even envisage the sex-hammer-based merchandise?! I'd let that thing nail my loose boards any time, let me tell you. But it's not a good idea – it's just bad juju all round. It does nothing at all to strengthen your relationship and sets you up for years of sexual power play on both sides. And we all know that isn't going to end well. Not to mention it plays on the idea that sex is little but a pile of casino chips we dish out or take back when our partner plays a winning hand or makes a dud move. Are you a card shark? You are not. Besides which, you are a lot more than the sum of your sexual parts, as bouncy as they may be. You've got smarts, you've got skillz, you feel some feels. If you have an opinion on your beau's behaviour - bad or good – you need to tell him as much. Using your chorizo catcher as bait in some kinky Pavlovian lab experiment is not the way to go. Sex is not a reward - sex is its own reward. Let's not cheapen it with these emotional games, shall we. Thank you and good night, Australia!

TDebate ends, challengers shake hands, there's confetti and a big band.

So what's the verdict? That is up to you... whatever you decide, just make sure you and your sexual partner (or partners, no judgement here) have a strong emotional foundation from which to let your love garden grow. But other than that, we live in a sexual democracy, people - enjoy every minute of it.

FIVE QUESTIONS I HAVE FOR...

Have you ever thought about doing a Pantene commercial?

You are fully aware most people can't talk to mice, right?

Do you find it odd people only give you advice through song?

Have you possibly had eye enlargement surgery at some point?

Other than the off chance I can summon my fairy godmother, any tips on how I might get Prince Harry's attention?

YOU REVEAL YOUR BIGGEST WHAT-WAS-I-THINKING? **MOMENTS**

contess



"I have seen his butt cheeks. but I have not seen his thing, which I don't want to see."

- Athina, 27

"MY CAT IS MY Best

- Toric, 20



"WHEN I WAS 17.

I went on a trip with my father, and on one of the nights at the resort, there was a talent contest. For some reason my dear daddy volunteered me to sing. I was mortified, but I went up. I couldn't think of anything to sing, so I chose the Canadian national anthem. Wel, it couldn't have gone worse. By the second verse, I forgot the words! My father was embarrassed for me, and told everyone that story." - Emmanuelle Chriqui, Entourage

"I WAS ONCE IN A SHOW PLAYING CINDERELLA, I RAN TOWARDS PRINCE CHARMING AND FACE-PLANTED ON STAGE. PRINCE CHARMING, WHO WAS A FRIEND OF MINE, STARTED LAUGHING INSTEAD OF HELPING ME."

- Samantha, 25

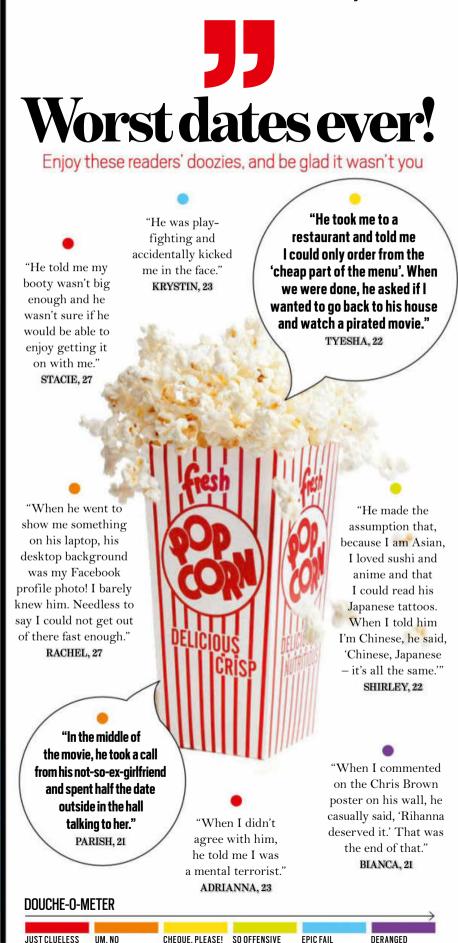
TWAS DIRECTING MAKEUP FOR A FASHION SHOW AND I REALISED MY SKIRT WAS TOTALLY TUCKED INTO MY STOCKINGS. I THOUGHT I WAS KILLING IT.

- Mara, 31

"I'm obsessed with my pet rabbit. He's potty trained and he has a memory foam bunny mattress. I let him drink out of my cup."

- Michelle, 26







EMMA & ROE.

BY MICHAEL HILL

Support Pink Hope with charms from \$49



Pink Hope R

"With every bracelet or charm purchase from the Emma & Roe Pink Hope collection, you're helping to raise awareness and provide ongoing support for families dealing with hereditary breast and ovarian cancer. Emma & Roe has committed \$1.1 million to Pink Hope and with your help they hope to give so much more.

So wear a little hope or give the gift of hope." Krystal Barter, Founder of Pink Hope



It's the free skin trick that will totally transform your whole complexion



Giving your face a yoga session by stretching and applying pressure with your fingertips gives you an instant glow, and it's free!

"Facial massage relieves tension from the face, which relaxes and lightens our appearance," says skin expert Jocelyn Petroni. "It stimulates blood flow and assists lymphatic drainage, which removes toxins and fluid that can build up as congestion on the face and puffiness underneath the eyes." Do it in the shower with a cleanser, or with a face oil or rich cream. Avoid gels or light textures as they won't provide enough slip.

Facialist Natasha T shares her stepby-step process. Use firm (not hard) pressure and repeat each step 3-5 times. Using a generous amount of your chosen product, slowly move your fingertips:



forehead to either side of your temples, one at a time.



From each nostril to the end of each eyebrow.



From the middle of your chin to your earlobes.

From the corners

of your mouth to each

of your earlobes.



From each nostril to the middle of the ear.



From the collarbone up and under the neck.

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Collection from \$199



SHORT HAIR CAN BE L

"Short hair, don't care" was your mantra, but now the novelty's worn off. Celeb stylist and salon owner Renya Xydis shows us how to perfect some fresh styles



- Blow dry your hair and use a flat iron to make sure the hair is straight from root to end, then create a defined, off-centre part.
- Apply texturising spray at the roots to build volume and backcomb from the crown for added height.
- Pull the front sections of hair from behind each ear and twist both in to the middle of the head. Overlap them and secure at nape of neck.



Label.m Texturising Volume Spray, \$35.96



Blow dry your hair straight, adding volume to the roots

volume to the roots with sea salt spray, and then use a flat iron to straighten and smooth.

Section and blow dry the quiff up and away from the face, while smoothing the hair, and finish with hairspray for hold.

Apply hair oil to prevent flyaways and keep this style looking super-sleek and neat.



Blow dry hair smooth and spray roots and crown area with texturising salt spray to add volume.

Separate four big sections in your hair and use a wave wand to create texture by bending the hair away from the face.

Pull all four sections into a loose bun and twist the ends, using bobby pins to secure the look. Add hairspray to hold it all in place.

Cloud Nine The Waving Wand, \$320

WORDS BY CASSIDY LOANE. STILL-LIFE PHOTOGRAPHY BY SEVAK BABAKHANI/BAUER. GETTY IMAGES;

Wella System Professionals LuxeOil Reconstructive Elixir, \$42

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You asked. We answered. You're welcome

Your pretty polish could cause nail discolouration. Eekl

Essie Nail Colour in She's Pampered, \$16.95

MY TOENAILS ARE YELLOW FROM DARK POLISH. HOW CAN I WHITEN THEM?

"Yellow nails generally occur when we skip the base coat step, or if nails have been kept painted for extended amounts of time," explains Alison Bowhill-Hayes, Nail Expert at Sally Hansen. "Try soaking nails in lemon juice or whitening toothpaste. And if you can, definitely have a break from polish while you're in boots and closed toe shoes and you should see a difference within a few weeks."

CAN I USE MY BODY SCRUB ON MY FEET?

Sure, it will still do the job, though a foot-specific polish will be more course in texture to deal with the hardened skin on the feet (gross, we know). Look out for one with essential oils like mint to also aid in warding off odours.

inea

athlete's for

Eeew! My feet are itchy from using the communal gym shower. Help!

Sounds like you might have tinea. In future, shower in rubber thongs so you don't make direct contact with the wet floor. Head to the chemist and grab a spray designed to treat tinea, also known as "athlete's foot". Apply to the affected (itchy) area daily onto dry, clean skin. Wash any socks you may have worn during that time in boiling water.

Ego SolvEasy Tinea Spray for Athlete's Foot, \$11.95

The Aromatherapy

Co. Therapy Feet

Pumice Scrub,

\$18.95

I have dry feet from winter. What can I do to make them soft again?

You have a few options. "Drop a little peppermint oil in the bath and soak your feet – it cools and soothes, but also hydrates," explains Bowhill-Hayes. Or, exfoliate with a granular scrub, then lather on a foot cream. Wear cotton socks to trap in the moisture. If you have really dry and hardened areas, try a Milky Foot Intense Exfoliating Foot Pad, which chemically exfoliates dead skin.



Milky Foot Intense Exfoliating Foot Pad, \$29.95

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NEW from Ego

Helps protect your lips against cold sores.



Virapro X contains lysine and has been developed to work in three ways.

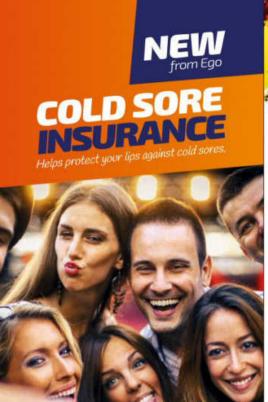
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Virapro)

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- MOISTURISER Helps keep lips hydrated.
- → SPF 30 SUNSCREEN Helps prevent UV damage.
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If symptoms persist see a healthcare professional.

ASMI 24530-0215





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- → Cosmo's fragrance edit.→ 10 subtle beauty
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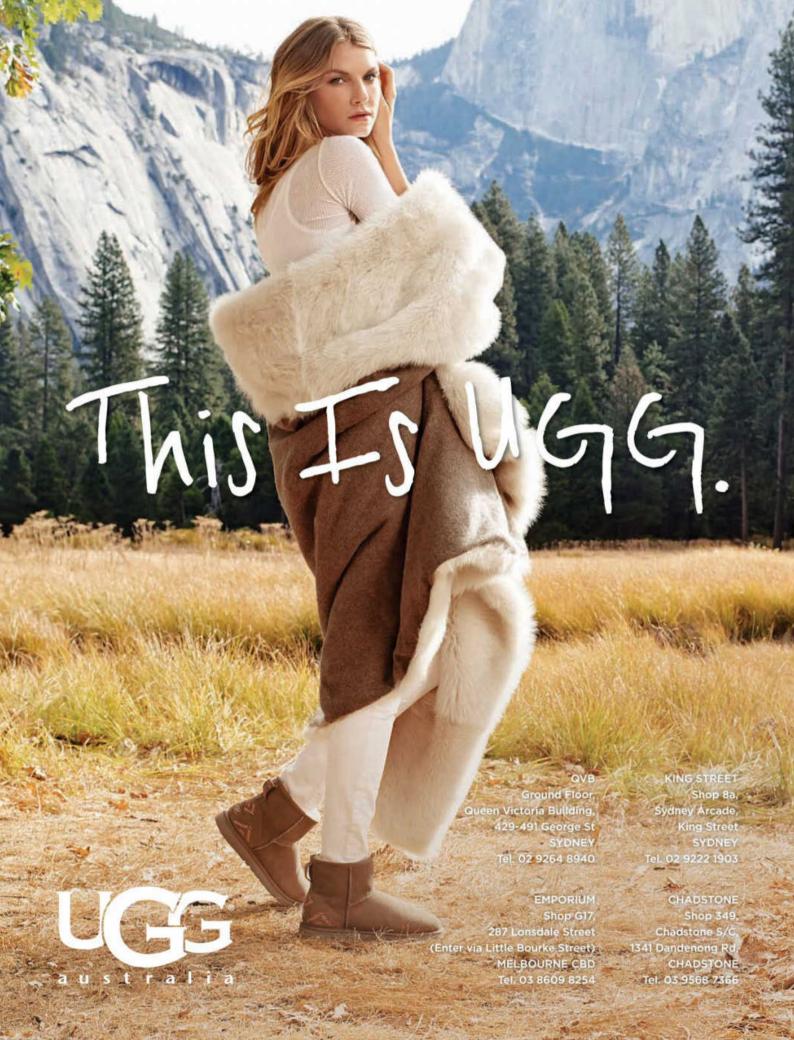










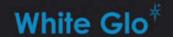






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Introducing the new White Glo
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Formulated using the same
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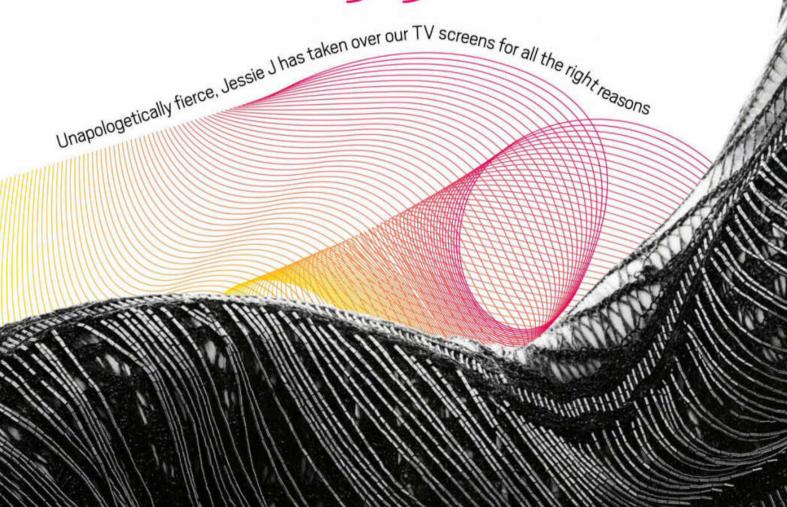
COSMO **ARE TOTALLY** crushing ON A BIG BEAUTY SECRET.

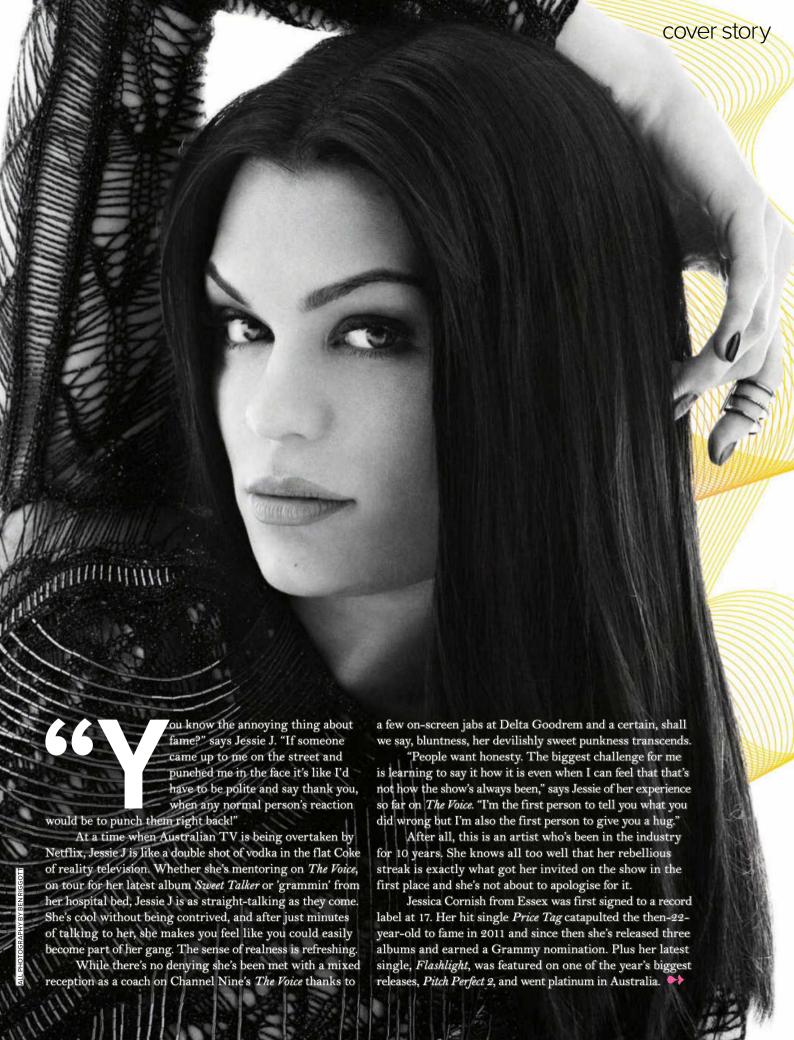
HINT...
We get to wake
up with OUR
CRUSH every
morning













She describes Lauryn Hill and Whitney Houston as her childhood heroes: "I used to watch every Whitney Houston interview and all of her videos, I was just so happy that someone sang so loud – and that that was OK." Now, at 27, she admits she is still learning, and that's perfectly OK, too.

"Sometimes you're going to be successful and sometimes you're not," she says. "That's just the way it is. And then sometimes the stars won't align and sometimes they will, and trust me, I've been on both sides." It's pretty clear that the stars have aligned in her love life. The first moment she can, Jessie brings up her boyfriend, Luke James, who is also a singer. "Luke is one of the most amazing human beings I've ever met," says Jessie.

"He really loves me and he lets me love him how I want to love."

The interview has barely started and we're pleased for her. Jessie J draws you in within seconds. She's like a toffee apple, wickedly sweet and full of the good stuff. We just don't know how much — and that's what we're here to find out...

WE'RE ADDICTED TO THE VOICE. HOW DOES IT COMPARE TO COACHING THE VOICE UK?

I am more honest in Australia than I was in the UK. That's probably come with age and confidence and more experience. Obviously, doing TV is a whole other world. Editing is crazy – they can make things out to be way better or worse than they were. That's not a bad or negative thing, it's just that the TV world is very different. I was obviously a very different coach and on the first day of filming I realised that. It was challenging for me, but I just sucked it up and thought, this is who I am, this is why I've been invited on the show, so I'm going to be myself.

WE HAVE TO ASK ABOUT DELTA GOODREM... WERE THE FIGHTS FOR REAL?

I'm not going to sit here and say they're exaggerated or fabricated, they're not — Delta and I have genuinely had moments where she has walked out of the studio or we haven't spoken off-camera. I say that and it sounds worse than it is, but anyone who's passionate and genuinely cares should have disagreements. I used to fall out with will.i.am but obviously the media never made it into a big deal because it was a man and a woman. It is what it is, though, and when you go into a show like that, you know that that is going to happen.

WHAT ADVICE WOULD YOU GIVE TO YOUR 20-YEAR-OLD SELF?

I'd probably say to myself, slow down on the eye makeup! And eat well because when you hit 25 that cellulite is coming for you and it's going to backdate to now! [Laughs] No, but seriously, I'd probably say to be as open and free as you can be. Surround yourself with people who allow you to be yourself. Don't be afraid, and live for your heart — don't ever live for your fear.

IF YOU WERE A CONTESTANT ON THE VOICE, WHO WOULD YOU CHOOSE AS YOUR COACH?

The Madden brothers! We get on really well. They're incredibly talented singer-songwriters and their artistry focuses more on the things that I focus on. Of all the coaches, we've hung out the most.

"THERE'S ALWAYS GOING TO BE THAT HANDFUL OF PEOPLE YOU CANNOT PLEASE"

WHAT'S THE BEST ADVICE YOUR DAD HAS GIVEN YOU?

When I was bullied in high school he said to me, "It says more about them than it does you, Jess" and that really made sense to me. It made me want to give the bullies a hug because it helped me understand that it came from something negative in their life, as opposed to it being about me. My dad is a therapist so everything he says just makes sense.

WHO DO YOU CALL WHEN YOU NEED A BOOST?

Depends on what the boost is for – it would be my mum, my dad, my best friend Holly or my boyfriend Luke. Or my doctor for a B12 jab! [Laughs].

WHAT'S THE KEY TO A REALLY STRONG RELATIONSHIP?

Honesty and loving everything about each other. I'm a very loving person and sometimes it can probably be a bit much! But I think it's important to be true to yourself. Relationships are about being open with each other, and acceptance. I'm not a woman who will come and try to change someone, and Luke's not a man who will come and try to change me.

LOOKING BACK TO WHEN YOUWERE SINGLE, WHAT DID YOU LEARN ABOUT YOURSELF?

How to survive on my own, without compliments. I think the biggest thing you learn in your twenties is confidence. From being a teenager to becoming a woman you start to have insecurities, whether you don't like your hair or you have cankles, or knock knees. It's those little things that

become almost definitive in those years and it's when you're single you embrace those things and build confidence on your own. That's what I learnt the most, to love myself.

WHAT'S THE MOST ROMANTIC THING YOU'VE DONE?

I recently adopted a baby wolf for Luke. He loves wolves, so I adopted one that he can go and visit. I like thoughtful gifts that are personal to the person as opposed to just spending money.

YOUR LIFE IS CONSTANTLY UNDER A MAGNIFYING GLASS. HOW DO YOU DEAL WITH THE NEGATIVE COMMENTS?

I see it like this: if you walked into a restaurant and you asked every single person in that restaurant if they liked your top, probably 10 people are going to say they don't like it and it's disgusting. Whereas 90 per cent of those people will say they like it. There's always going to be that handful of people that you cannot please because that's not real, and sadly Instagram is just an exaggeration of that because there's no face to it. You can say what you want and be anonymous and that's sometimes a really horrible thing.

WHAT DO THE NEXT 12 MONTHS LOOK LIKE FOR JESSIE J?

Well, I've done my first movie, which I'm not allowed to talk about yet! I've been going hard for six years... I think I'm going to get to the end of the year and just reevaluate and see where I'm at, headspace-wise. I definitely want to chill for a bit and get back in the studio. Julia Naughton



"Aye". You put it at the end of everything. I love it, it's like a musical note.

ANIMAL

Koala! My team got me a koala to come to the studio on my birthday. It was the most trippy thing 'cos it looks like it's a human and it's going to start talking.

CELEBRITY

Ruby Rose is one of my good friends and I'm so proud of her.

FASHION DESIGNER
Dion Lee and Sass & Bide.

EXPERIENCE

At a little beach in Vaucluse [in Sydney] one day there was a group of people behind me and two of the girls were saying, "We went to see Jessie J last week" and they started to have a conversation about me and I was like, this is so strange. One of them said, "did she sing *Price Tag*?" and they had no idea that I was sitting there. So as I got up I turned around and went, "Thanks for coming to the show!" Their jaws just dropped, it was so funny... I wish I filmed it.







WHAT (AND WHO) YOU'RE DOING IN

ABOUT HOW EVERYONE IS TURNING FOR RUBY ROSE

In the wake of Twitter-wide Ruby Rose-inspired sexual awakenings, we took a closer look at how you're actually feeling about your sexuality, plus the labels you're using



THE TERMS THAT CAME UP...

► Gan

Attracted to people of the same gender. 1 in 10 have found out someone they used to date is homosexual.

▶ Bi-curious

Curious about sexual activity with the gender they don't favour, but probably haven't acted on it. "I've always wanted to experiment."

> Fluid

Open to their sexuality changing over a lifetime. "I'm currently straight but was in a relationship with another woman for three years."

> Pansexual

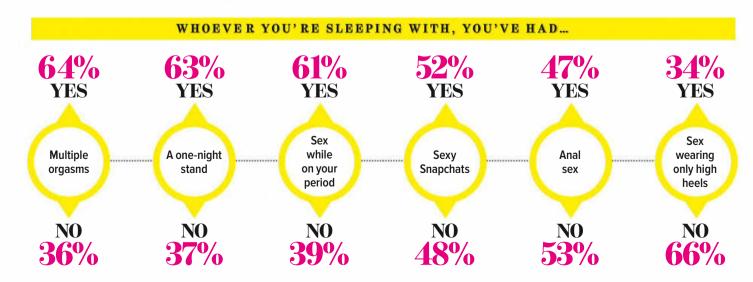
Considered more progressive and inclusive than bisexuality, this term describes people who see gender and sexual identity as irrelevant to attraction.

▶ Hetero-flexible

Minimal homosexual activity by an otherwise primarily heterosexual person. "Girls are cute, so I like to play a little bit."

▶ Bisexnal

Attraction to both males and females.



IN IO OF YOU COULDN'T FORGIVE A PARTNER FOR CHEATING ON YOU. (YES 29% NO 71%)

THE BEDROOM

Celebrities, we love you

HELPING MAKE SEXUAL DIVERSITY ACCEPTABLE FOR MORE THAN 10 YEARS

2003

"I was surprised when I suddenly found myself having these feelings I always had for men, but for a woman, and wanting to kiss her and wanting to touch her." Angelina Jolie



2009

"I think people are born bisexual and they make subconscious choices based on the pressures of society. I have no question in my mind about being bisexual." Megan Fox

2011

"It's been frustrating as I don't label myself one way or another - I have had successful relationships with men and ... a woman. I love who I love, it's the person that matters." Amber Heard





2013

"I don't love just men, I love people. It's not about a gender. It's about the spirit that exudes from that other person." Kesha

2014

"I am here today because I am gay. Because maybe I can help others ... have an easier and more hopeful time." Ellen Page





2015

"I am literally open to every single thing that is consenting and ... that's legal. I don't relate to being boy or girl, and I don't have to have my partner relate to boy or girl." Miley Cyrus

And the one "turning" everyone... "It did my head in to be described as a 'lesbian model' (and) 'a lesbian actress' but if ... it means the next generation doesn't have to have their sexuality listed as part of their job description, then I'm happy with that." Ruby Rose



TO BE HONEST... 6 IN 10 OF YOU WOULD SAY SOMETHING IF YOUR PARTNER WAS BECOMING OVERWEIGHT. (YES 61% NO 39%)

Have you ever cheated on your partner?

Let's talk about cheating ...

YES, WITH SOMEONE I MET THROUGH WORK: 4% YES. EARLY IN THE RELATIONSHIP: 12% YES, WHEN I WAS OVERSEAS WITHOUT HIM: 3% YES, OTHER CIRCUMSTANCES: 9%

MARRIED TO A MAN AT 23. DIVORCED AT ENGAGED TO A WOMAN AT 27

Megan Luscombe, 27, on how these results are reflected in her and the women she sees in her counselling business.



s a teenager, I experimented sexually with both guys and girls. At the age of 23 I married someone I'd been with since I was 18. He was a good guy, and I just stayed even though I didn't feel as fulfilled as I could have been.

During that time, I met Gwen on a work trip and was gobsmacked. But I was still married and she was in a relationship with a woman. It was a platonic friendship for a few years.

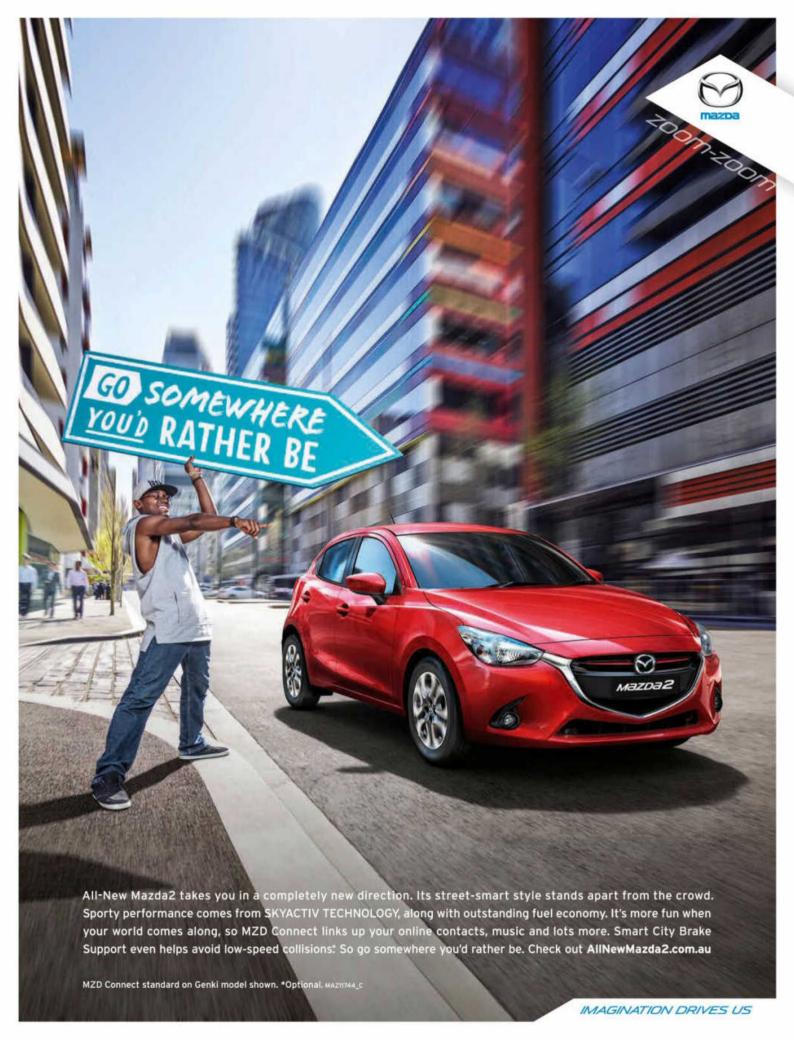
My marriage ended when I was 25. Gwen was single and we got together about six months after my divorce. She's now my fiancée.

I'm a life and relationships coach and I believe people's attractions are always evolving. The term "fluid" refers to the perspective that you can't label yourself because you don't know what you'll be in 10 years.

I'm not surprised by the results in this survey. I hear a lot of these terms come up in my counselling practice and a lot of instances where women say things like, "I like Felicity", not, "I'm a lesbian." So many labels coming up in this survey is a reflection that we are shifting towards acceptance of sexual diversity. I think culturally there has been a shift and women are identifying that they can do what pleases them and that that doesn't necessarily mean men.

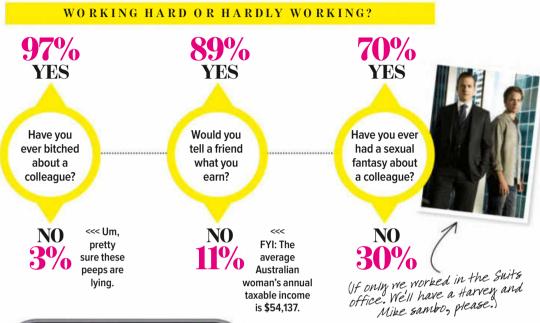
I think it's becoming more socially acceptable for people to live different lives. Look at one of the biggest shows in the world, Orange is the New Black, where you've got Ruby Rose, who identifies as gender-fluid. And as for women saying, "I'd turn for her," I think it's a reflection of a movement where we can say how we feel. I think that's why "pansexual" is the latest word of choice. It refers to someone who isn't limited in regards to sexuality or gender identity.

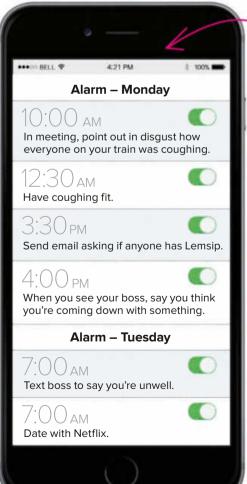
Megan is a life and relationship coach at Starting Today (startingtoday coaching.com.au). 🗪



WERK, WERK, WERK

Nothing unprofessional going on here AT ALL. Cough





* COUGH, COUGH*

How often do you take sickies?

NEVER: 31% AROUND 1-4 TIMES A YEAR: 52% MORE THAN FOUR TIMES A YEAR: 17%

O/O
OF YOU HAVE TAKEN ILLEGAL DRUGS WITH COLLEAGUES.

3in 10 OF YOU HAVE LIED ON YOUR RÉSUMÉ. OF YOU HAVE TAKEN

THE CREDIT FOR SOMEONE

ELSE'S WORK.

3in4



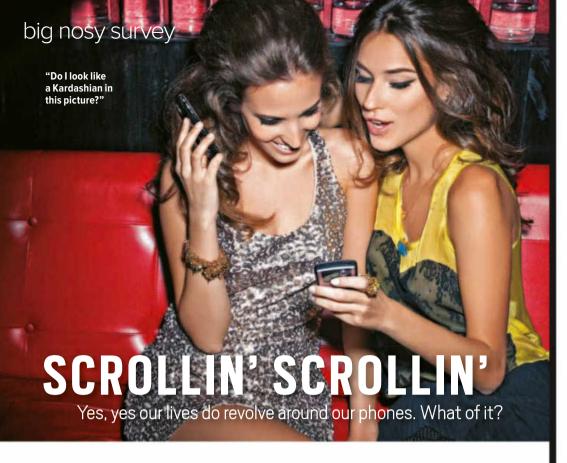
When shit hits the, uh, office loo

There is such a thing as "not my loo" syndrome, which is characterised by a dislike of doing your business in an unfamiliar toilet. Your inner sphincter sends waste down to your outer sphincter, which is attuned to know, "You're at home, it's safe to go," or "You're in the office, abort mission." If you're not comfortable, the body's sensors send it back up. But be warned – you can't ignore it forever.

OF YOU HAVE SHOWED UP TO WORK DRUNK.



"We'd drink all day then go to work" Cathryn Chapman, author of Sex, Lies and Cruising "I started working on a cruise ship in the Caribbean islands from the age of 21. They had this bar with these frozen cocktails in slushy machines, so we'd just lie around on the deck and order these cocktails that were very alcoholic all day, then go straight to work at night. It was a sackable offence ... but staff would pretend they weren't drunk."



FACEBOOK STATUS: PISSED OFF

9_{in}10

OF YOU HAVE
UNFOLLOWED A FRIEND ON
FACEBOOK BECAUSE THEIR
POSTS WERE ANNOYING.

Other reasons you've cut'em loose...

It was an ex and I didn't want to see his name or photo pop up anymore."

I have unfollowed people who I've lost touch with or who have passed away."

I just don't really talk to them enough or I've never met them in person." Sorry, I can't make it because of who I am as a person.

OF YOU HAVE LIED TO GET OUT OF HANGING OUT WITH A FRIEND.

1_{in}**2**

OF YOU HAVE EDITED PHOTOS OF YOURSELF BEFORE UPLOADING TO SOCIAL MEDIA.

And 100 per cent of Kardashians have.



1 in 2

OF YOU HAVE TOLD A WHITE LIE ON SOCIAL MEDIA TO MAKE YOUR LIFE LOOK MORE INTERESTING.

86%

OF YOU HAVE PRETENDED TO USE YOUR PHONE TO AVOID TALKING TO AN ACQUAINTANCE.

7 in 10

OF YOU HAVE CHECKED A PARTNER'S PHONE.

84%

OF YOU CHECK SOMEONE'S SOCIAL MEDIA ACCOUNT BEFORE YOU START DATING. **EVEN LIFT, BR0?**

59% YES

Do you feel uncomfortable if other people are naked?

> NO 41%

> > **5%** YES

Do you walk around naked?

95%

Here's what goes on in the gym's change room



8% YES

Have you shaved your legs in the gym shower?

> NO 92%

Cosmo etiquette note: If you choose to bare all in the gym, each to their own, just please be kind and don't bend over.

870 of you pee in the shower

According to a bunch of enviro-conscious college students, letting it flow during your shower rather than in the loo is way better for the environment 'cos it means less flushing.



the

2 PAIRS SINGLE VISION FROM \$199



Cool, classic frames

Make like Karlie, Alexa, Adriana and – yep – even Queen Bey and get into one of the hottest accessory looks right now: metallic glasses.

Looking for a sleek, super-quick way to upgrade any outfit? Here's a style trick that's simple yet totally effective. Metallic frames are the ideal addition to your accessory collection, whether you need the perfect finishing touch for sophisticated daytime style in the office, or a way to glam up your go-to date night jeans and classic white tee.

Complement each of your looks, both day and night, with frames featuring a touch of sparkle and shine from Alex Perry's collection at Specsavers. Dedicated to luxury and glamour, the collection offers two pairs of glasses complete with standard single vision lenses from \$199, so you can switch up your style to match your mood and always be in style at Specsavers.



"I'm working with a lot of white this season. I love the crisp, clean look, and you can offset it perfectly with strong metallic finishes like these glasses, from Specsavers."

Alex Perry, Fashion Designer



SHOP THE 2015 COLLECTION



#SpecsaversStyle



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Prices complete with standard lenses with scratch resistant coating. Second pair must be from same price range of frames and lens range or below. Must be same prescription. Extra options not included. Prices correct at time of print. Frames available while stocks last.

MY HANDS SMELL LIKE RAW MEAT. MY HANDS SMELL LIKE RAW MEAT. MY HANDS SMELL LIKE RAW MEAT.

I KNOW BECAUSE I AM

Taffy Brodesser-Akner reveals the truth about obsessive-compulsive disorder

MY HANDS SMELL LIKE RAW MEAT.

NOT RANCID MEAT, NOT EXACTLY. ALTHOUGH FRESH MEAT HAS NO SMELL REALLY, RIGHT?

This started on Tuesday, when I made my family some turkey burgers, innocently patting them with my hands. Here I am, on Friday, and my hands still smell like meat.

I've tried washing and washing again. I've used hand sanitiser. I've used citrusscented hand sanitiser. I've bathed several times, more than enough to wash away any remaining meat. As the days go by, the smell is a little stronger, a little more

rotten. And me? I'm lifting my hands to my nose, my hands to my nose, my hands to my nose... Confirmed, confirmed, confirmed.

I try to be logical about it. When the thought materialises, I can hear the morbid absurdity of those science-fiction-scary words in my head (you're rotting from the inside, and nobody can smell it but you). And that's when I understand what's going on. Ah, I tell myself. It's my OCD. Right. Of course it is.

In the years since I was diagnosed with OCD - age 11, unable to sit in our living room because the sight of the couch cushions not aligning turned me sweaty and bug-eyed - I've spent much time distinguishing between what is real and what's an invention of my malfunctioning brain. That I could taste the listeria in a cantaloupe, that I could feel the faecal germs left on the door handle of the public restroom were maybe not things that were going on outside of my mind in what others call reality.

It forces me to exist in a fuzzy cloud of half reality, in constant conversations with myself, relying on me - already with faulty wiring, the irony! – to reassure me when I'm unsure of what is and what isn't. My OCD is sometimes concern that I will hurt someone by accident. I considered this a minor trick the disorder played on me until I had kids and became sure that I would drop them or stab them with the knife in the kitchen. Sometimes

it's concern that spores from the tissue you used and threw away will magically wander into my nose, which is two metres away. It's concern that God will punish me if I don't lock the door three times. It's the sudden belief that I have a... (and then there are the thoughts that come in like this and interrupt the other thoughts, like I'm going to drive my car into oncoming traffic, just a few centimetres to the left, and no one will know I didn't do it on purpose) blood disease. It's the smell of meat on my hands. OCD takes any shape at any time. The only guarantee is that it usually

repetitive, intrusive ideas, mental images, or impulses. Compulsions are repetitive behaviours someone does to decrease the anxiety created by obsessions."

So my obsession right now (the scab I have, which is a scrape, is actually cancer. I know how I got the scrape, but now I also think it's skin cancer) is that my hands smell like meat. I have two compulsions to deal with it. I'm smelling my hands, which is called a checking behaviour, done to confirm an obsession. And I'm also washing my hands, which is called a compulsion, to get rid of an obsession.

"OCD TAKES ANY SHAPE AT ANY TIME. THE ONLY GUARANTEE IS THAT IT WON'T MAKE SENSE"

won't make sense and I will never have seen it coming.

So I concede my hands probably don't smell like meat. But when I put them up to my nose to check if this acknowledgment has made the hallucination disappear, it hasn't. I go about my day, certain of two things: that I'm definitely not actually rotting from the inside and yet also that I absolutely, without a doubt, am.

"TO UNDERSTAND OCD, LOOK AT THE WORDS THEMSELVES."

psychotherapist Tom Corboy, executive director of the OCD Center of Los Angeles, tells me. "Obsessions are

Science is puzzling out exactly why OCD happens, but it's probably a complex smoothie of environment/ genetics. Onset typically happens before the age of 25, and it tends to run in families. People say it's often a traumatic event, something that made you feel danger for the first time, that triggers symptoms. There is evidence that the brain structure or blood flow may be different in people with OCD, says Ben Greenberg, professor of psychiatry and human behaviour at the US' Brown University. But it's unclear if these differences cause it or are due to its symptoms.

There are around 500,000 Australians who are living with OCD. ◆



And so there are around 500,000 ways that OCD can manifest. OCD is squishy that way. It's classified as its own disorder, but you rarely see it alone. Instead, think of it as the centre of a Venn diagram. The other disorders that overlap it are depression, mostly, but also generalised anxiety, bipolar disorder, body dysmorphia, phobias, some eating disorders, tics, Tourette's syndrome, and skin picking and hair pulling. I've dealt with both of those last two, plus anxiety.

The people who have it worse than I do can't write articles about it. Like the man I met who couldn't leave his bathroom for days because he was sure there was still shit in his colon that he had to get out, or the woman I spoke to who wouldn't go near her niece because she was sure she'd accidentally molest her, even though she has no paedophiliac instinct whatsoever. And of course, there are the endless ways OCD can interfere with your sex life: preoccupation that you'll get pregnant, fears of contamination, not to mention the lower sex drive associated with depression, anxiety and many of the drugs used to treat them.

It exists on a spectrum. There are people like me, who are gritting their teeth and talking themselves down. And there are people who just can't leave their homes. Believe it or not, how severe your OCD is considered is not based on how weird or scary your obsessions are but on how well you resist your compulsions, explains Corboy. And the difference between someone with OCD and someone who merely has weird thoughts is that the person without OCD is able to say, "Wow. That was a weird thought," and move on. Moving on is not always the elegant thing we hope it is.

Yet somehow, between that Jack Nicholson movie years ago and plotlines on Glee and Girls, OCD became a badge of adorableness. "I am so OCD about cooking," says a friend. What she means (punch her in the face and then lick her nose) is that she's meticulous, that she's upset when she puts in a pinch of salt when the recipe calls for a dash. Sure, she would have preferred to get the recipe right, but when she didn't, she didn't throw out her batter. She didn't wash the dish and start over. She didn't go into a set of unrelated rituals that took up time and peace of mind from her already fraught day. To associate OCD with anal-retentive behaviour is to totally miss the point. This isn't about perfectionism. This is about illusion.



"THIS ISN'T ABOUT PERFECTIONISM. THIS IS ABOUT ILLUSION"

We don't all have a little OCD. And I don't know why we want it. It's hard to see a monster that you battle every day reduced to an adorable manic-pixie-dreamgirl quirk that people seem eager to fake for some sort of neurotic cred. (Excluding Lena Dunham's portrayal in *Girls*. When I saw her stick a Q-tip into her ear so she could finally, finally get at

whatever it was she knew was in there, I wanted to weep with relief at having been seen and known.)

THE FIRST OCD BEHAVIOUR I RECALL WAS AT AGE SEVEN.

I would lick the inside of my wrists, just a quick little flick. One day, that need simply ended, and I instead had to scrape the top of my shoes against the sidewalk, evenly, on both sides.

MY HANDS STILL SMELL LIKE RAW MEAT.

People around me noticed my compulsions and made fun of me. So, slowly, I found things I could do with no one looking. I count my teeth with my tongue. I cross and uncross my toes inside my shoes. Whatever it is that I'm doing, to this day, I can guarantee you don't know I'm doing it. See, I just did it.

At age eight, I became convinced that unless I said the Jewish bedtime prayer, Shema, for every member of my extended family, they would die. I said this prayer every night for everyone from my parents and sisters to my great-uncle Jack, whose last name I can't remember and probably never knew, to my grandmother's sister who I'd only met once. I'd say it for a total of 21 relatives; it took me about 45 minutes. It never once occurred to me that I had very little power to affect the universe, even when Uncle Jack did die. A cousin had married by then, and I'd already started saying it for her new husband.

When I was maybe 22, I went to a movie with my mother. Nothing happened in the movie. The movie was a comedy. Suddenly, though, I became convinced that anything I touched without prophylactic coverage would rip open my skin. The movie ended, and I got into a cab, putting my sleeves over my hands to pay and open doors, got home, and called in sick. That weekend, I hosted one of my best friends' bridal showers at my apartment with socks over my hands.

At my disorder's most insidious, I'd count words

in sentences and only end a conversation when the other person finished with an odd number of words. I would keep her talking until she did (in a fix, saying "goodbye" generally did the trick, since the usual response – "Bye" - is one word, and the second most common - "See you later" - is three). It is exhausting, but it's scarier to imagine not doing it.



And yet, you'd meet me and you wouldn't know any of this. Like most people with OCD, I'm an achiever and I'm adaptive. I don't think of myself as someone who suffers very much. I handed in a draft of this story to the editor, who has known me a long time, and she couldn't square these descriptions of my inner thoughts with the outwardly goofy person she knows. I thought of telling her how many words she'd used in each sentence she'd said but thought better of it.

is to continue to smell them. The checking behaviour only exacerbates the problem. My mind is seeking reassurance (is my mother breathing? I have to go to my mother's house, which is an hour away, right now, in the middle of the night, to make sure she is breathing) that no number of facts can offer. By raising my hands to my nose, I'm legitimising my obsession, something I know better than to do.

This I have learnt in cognitive behavioural therapy, by far the most recommended approach to dealing with OCD. Doctors prescribe exercise, too, although they aren't quite sure why it works, and antidepressants. Dr Greenberg has been a pioneer of brain surgery, involving the insertion of a kind of pacemaker that sends out electrical pulses to affected areas. But medication and surgery are not substitutes for cognitive behavioural therapy. They are, instead, ways to control symptoms, like intense anxiety, so the patient can learn the therapy.

The minute I think my hands smell like meat, I try to stop the thought and understand that it's fiction. Do my hands smell like meat? No. I made those burgers days ago. Am I rotting away from the inside? No, that's not something that happens. Each time the thought occurs to me, I challenge it like that.

I call it clicking override. I don't, as you'd suspect, try to stop myself from thinking about meat. I just change the nature of the thought.

In this type of therapy, no respect is given to the obsession. No attempts are made to figure out if I had a traumatic experience with a hamburger as a teenager.

"The worst thing you can do is wonder what these thoughts mean," explains David Barlow, professor of psychology and psychiatry at Boston University. That they might say something about you – other than the fact that you have OCD - is not an idea worth exploring. It's just a misfire in your brain, a false alarm.

I take my three-year-old to a concert. He's on my lap. He hands me an apple slice; he's sharing. I put it in my mouth and notice something. My hand doesn't smell like raw meat anymore. I allow one sniff. It's true. The smell that was never there is gone.

In the time since my hands smelled like meat, I've written two stories, done some terrible Neil Diamond karaoke, laughed so hard at a Baywatch rerun with my best friend that I thought my bladder would burst. I've been fine. I am fine. It's just, God, when it finally lifts, you feel how much lighter you are.

For support dealing with OCD, visit beyondblue. org.au or call 1300 22 46 36 to talk to a professional.

TOMY GIRL Grab a tissue - you'll need one after reading these so-sweet messages from dads to their darling daughters

64 COSMOPOLITAN.com.au TO SUBSCRIBE CALL 136 116



DEAR TURIA

Do you remember what you used to give me for Father's Day? A little handmade card. Such a lovely gift to receive. But the greatest gift you ever gave me was totally unexpected.

When you were born, I was confused. Growing up with two brothers in a rowdy household and going to an all-boys high school had not prepared me in any way for your arrival. Having

a daughter was a total mystery – I knew nothing about girls. But you, my dear, have been a most wonderful experiment! So full of surprises. When you were little I was entertained by your determination. A toddler who tried so hard to communicate that you needed pants with pockets - not a dress.

An enthusiastic child, digging deep and determined to run faster than all of us, through tears of frustration. As you grew,

you set goals for yourself, and then achieved every one of them. Four years ago you were on the brink of death... over and over again. Your life had been completely and irrevocably changed. But once more, you dug deep into yourself, and willed yourself to live, to heal, to recover... and to take life even further.

Your great choice in your life partner was a huge factor in your recovery, and I am forever grateful to Michael [Hoskin] for being there for you. Instead of hiding and licking your wounds, you put yourself into overdrive and put your accelerator flat to the floor. You rebuilt yourself one tiny step at a time. You continue to push your body to its limits.

You reinvented your career, moving from mining engineer to hospital patient to motivational speaker.

From an energetic kid you grew into a delightful young lady on a mission to change the world. Your constant effort since childhood to help improve the lives of others through charity fundraising has been humbling. I thought your 40 Hour Famine days were a passing phase, but it continued after high school into fundraising events for Mongolia and Cambodia, and more recently by raising hundreds of thousands

These days I am privileged to attend some of your speeches around Australia. You need to know that you motivate and inspire me, every time. Crowds gather and talk with you, many of them pulling me aside and telling me I must be very proud of you. If only they knew how much. Thanks for helping me to consciously

(in your words) become "a better version of myself". I am in awe of your commitment to living an intensely full and emotionally rich life, and I can't wait to see what you do next!

The unexpected gift you gave me? You have inspired me with your courage and your love for life. Thank you, you are a real champion. I love you.





was caught in a bushfire that caused burns to 65 per cent of her body. She is now a motivational speaker and ambassador for Interplast. In 2013, she was Cosmopolitan's Fun Fearless Female Woman of the Year.



DEAR MELISSA ...

Growing up, you were always fun to be around and full of beans. You were walking at nine months and talking at 12 months – and you have not stopped ever since! You were always a grub and you loved bottlefeeding the animals on the farm. You named them all and called them your friends.

You loved family holidays – your favourite place was the Gold Coast. As a kid you loved the theme parks and I wasn't surprised when you kept going back on trips as an adult; you'll always be a big kid at heart and our clown.

You have always been a determined young lady – you started working at the age of 13 and you don't like to be told "no". This made you a bit of a challenge as a teenager. Mum and I were devastated when you ran away from home, but we can see now that we were too strict and just needed to trust you.

At school you were an A+ student. You were so intelligent and excelled in all of your studies, so when you left school at 15, I thought any prospect of a successful career was near impossible. Once again, you proved me wrong and we were so proud when you got your first full-time radio job — that was over 10 years ago now.

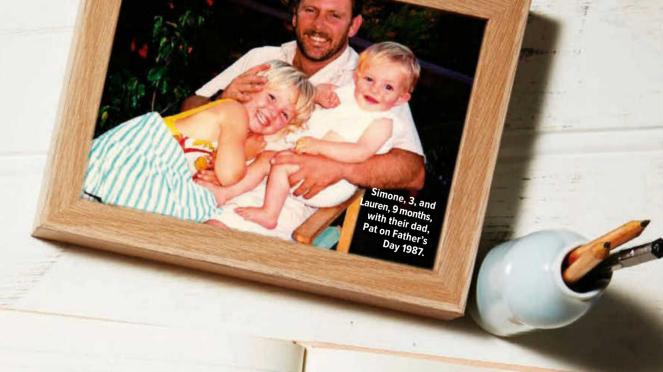
You loved radio and when the royal prank call happened, all of our lives were changed. Even for

a close family like ours, it was very hard to deal with. The thing I'll remember most, though, is that even at *your* lowest points, you found the strength to look after Mum and I when we got sick so soon after the prank. You were so worried I'd had a heart attack because of the stress, you put aside your own grief and sadness to look after me. You've always been a selfless person, always the first to put your hand out to help. To see your strength and determination through that has made me so proud. We've always been a tough breed, but you were truly your father's daughter through all of that and you've reminded me that when things get tough we just need to support each other and take it one day at a time.

In November last year I got to walk you down the aisle — well, down the path — to the pond at the big, beautiful house in Byron. Apart from my tie being too tight and the nerves getting the better of me, it was a beautiful day and we were pleased to welcome Steven [Pollock] into the family.

Some days I wish we could all just move back to the farm so I can try to protect you from this scary world... on the farm back with your animal friends. But I know that you are tough enough for this world, and I am so proud of you. I can't wait to watch you become a mother — you will be one of a kind.

Love, Dad



DEAR LAUREN & SIMONE ...

It might be Father's Day – a day to celebrate dads – but this Father's Day, I'd like to thank the two of you, my daughters, for all that you've given me.

You've taught me to be patient and to listen more than I talk. Having kids puts things into perspective like nothing else – and then, having your child's world rocked puts everything into a completely different perspective again. After seeing you, Lauren, go through hell nearly 10 years ago, I've learnt not to get upset over small things like dishes in the sink or towels left on the bathroom floor. Now, I'm just so thankful for each day with you two. Even something as simple as a family dinner is something I'll never again take for granted. Every second I spend with you is so special.

Before you were born, Simone, I'd never played with a doll. I had my two brothers and then I worked with mainly blokes, so having girls has been eye-opening for me, to say the least. But I'm so grateful for it. I need you in my life, and you bring out a bit of a softer side to me.

Being a parent means experiencing your kids' lives along with them, and going along with the rollercoaster of emotions that brings. Lauren, when you were attacked in our home at the age of 18 in 2005, I felt such a huge sadness. I was shattered. Helpless. I had no idea what

would happen next, or how we would all cope. Simone, you were only 21 when it happened, and you put your whole life on hold. You are an amazing young woman.

When Lauren came out of the ICU after 23 days, I couldn't believe our luck. Then, when she left hospital after seven months, I was overwhelmed by happiness. The way the two of you stuck together during that time made me so proud. Simone, you were our pillar of strength during the court case, and the way you held yourself set the tone for the rest of us. Thank you.

Seeing you travel overseas together and thrive after such a horrible time was a source of immense joy and pride for me and your mother. Still, I will never stop worrying about you both - it's part of my job description as your dad.

You are both such wonderful young women, with such caring natures. Simone, you're an amazing mother to Scarlett, and Lauren you're the most loving aunty and you have such a knack for having fun with kids. I can't wait to celebrate Father's Day with you this year - and who knows, Simone, maybe your little one will arrive early and celebrate with us!

Dad



was violently assaulted by a stranger in her home in November 2005, when she was just 18. Now, 10 years on, she's recovered and thriving. For more of Lauren's story, grab the November edition of Cosmopolitan.

CIMINA LONG-DISTANCE CAREER

Erin Van Der Meer discusses the rise of the digital nomad

everal months ago I quit my job as an entertainment reporter, gave up my rented apartment, sold almost all of my belongings and bought a plane ticket. I'm off to travel around Central and South America until next year. But I didn't want to choose between seeing the world and having a career, so I'm not. I've started freelance writing, and as long as I've got my laptop and an internet connection, I'll be working on the road. I'm just trading my desk for a sunlounge by the sea in Mexico. Or a hammock in the mountains of Chile. Or a bench overlooking Ipanema Beach in Brazil. Basically, wherever I damn well please. Pass me another coconut, thanks

And it's not just writers or bloggers who can now opt out of the nine-to-five, office-bound life. There's a fast-growing group of professionals dubbed "digital nomads" who, thanks to new technology, earn money while travelling the world.

"As the technological capabilities have improved, it's become undeniable that most professions can do their job just as well whether they're in the office, at home or on the road," points out Ross Monaghan, a lecturer in media and communications at Deakin University in Melbourne (find him on Twitter @themediapod). He explains that the digital nomad movement has also been enabled by the growth of co-workspaces or "hot desks", where you can rent a spot in a communal area for a minimal fee. These include Hubud in Bali, Regus and LaPorte Space in Sydney, Netil House in London and The Windsor Workshop in Melbourne. "Shared spaces are good because working on your own can get lonely," he says, adding that it also leads to creative collaboration. "Serendipitous meetings with others can spark ideas.'

Sounds too good to be true? No way! Meet four Australian women who are living the digital nomad dream.





-> WHO: Kara Landau, 28

WHAT: Kara, aka the Travelling Dietitian (travellingdietitian. com), is always on the move as a health consultant to companies around the world.

> WHERE: Melburnian Kara has been based in NYC for several months each year since 2012. She's also worked from Spain, Mexico, Amsterdam, Japan, Italy, France, Finland, Iceland, England, Jordan and Israel.

"I started my company when I graduated from my degree in nutrition and dietetics from Monash University in Melbourne, but my nomadic way of life really began in 2012 when I moved to New York as part of my master's degree in entrepreneurship and innovation. It was from here that I began running my business from afar and realised how fulfilling it was to live abroad. I consult with firms on a freelance basis – I've just spent three months in NYC getting some face time with clients there and I'm about to head to Amsterdam to work with another client, before heading to Sydney. Going to international food and health events means I find out about the trends way before they hit Australia, and my lifestyle is so constantly inspiring that it allows me to be a real source of energy and motivation to others. But it's not without its challenges. There are ebbs and flows with income so you have to learn to be savvy with your spending, and it's challenging making connections with people in a new city."



- WHO: Bree Hankinson, 35, and sister Sarah Hankinson, 33.
- WHAT: Illustration and design duo and founders of The Windsor Workshop, a shared workspace for creatives in Melbourne.
- WHERE: When they're not at their studio on Melbourne's Chapel Street, between them they have worked from places as diverse as New York and Guatemala.

"We specialise in custom watercolour stationery. Sarah is our illustrator and creates the artworks, and I manage and design each project. We're based at The Windsor Workshop, which we founded three years ago and share with other creatives who rent the space, but we are often on the move with our clients none the wiser — in fact it's good for our creativity to

work from a few different environments. This month I've been spending time at co-workspace The Nook on the Mornington Peninsula. I spent four years living and running our business from Guatemala on and off, and Sarah worked from New York for three months in 2013. Working for someone in Paris is just as easy as working for our neighbour. We've created stationery for weddings in Tibet, Panama and London. We thrive off The Windsor Workshop community. One studio mate was initially concerned about spending money renting the space, but she then tripled her profit as her productivity was higher in the studio than at home, and the collaborative opportunities opened her up to more work."



'I adapted my career so I can travel'

- → WHO: Jaharn Giles, 32
- what: The photographer and blogger behind travel website Mister Weekender (misterweekender.com). Jaharn runs a business hosting workshops and offering coaching for others hoping to make a career out of blogging.
- WHERE: Through her work she's travelled to Peru, New Zealand, Japan and Thailand, and this year is headed for the US, Canada, Hong Kong and Iceland.

"I launched my blog, Mister Weekender, in November 2013, and my background as a fashion publicist gave me the skills to know how to work with brands and make a career out of it. A lot of my readers were asking me for advice and I saw an opportunity there to share my experience in PR and blogging. So I created a workshop for beginners called How To Become A Successful Blogger. The first one was held in Sydney in July and it was sold out. so I'll be hosting it again this year. I'm designing the workshop into an online course, which is launching in August. In the one-day workshop I teach a step-bystep guide and reveal how I started making money within a year of beginning, as well as how to leverage social media and create an engaged community, how to use templates effectively and how to network. I also offer coaching face-to-face and on Skype. The only downside is I do everything myself and it can be overwhelming. My advice is to learn to switch off so you don't burn out, eat healthy and exercise every day - it's really essential for nomadic success!"



HOW TO BE A DIGITAL NOMAD

THINK OUTSIDE THE OFFICE CUBICLE

If you're not ready to leave your job, negotiate with your boss to trial working from home even just one day a week. If you're self-employed, research the tech that'll help take you totally online. For example, ask clients to consider Skype instead of face-to-face meetings.

NETWORK, NETWORK, NETWORK

Be active on social media (LinkedIn is your friend), go to industry events and work from a shared space. Master your "elevator pitch" – the summary of your business or what you do in a couple of sentences. The digital nomad world is all about making connections.

SPEND TIME IN COUNTRIES WITH A LOWER COST OF LIVING

As explained by Tim Ferris in his book *The 4 Hour Work Week*, there are financial benefits to being a nomad. If you're earning Aussie or American dollars, you get more bang for your buck in places like Thailand, Bali or Mexico. And a serious adventure!









IT'S TIME TO TELL US WHO YOUR UN, FEARLESS FEMALES FOR 201 ARE. GET THINKING, GET VOTING!

It's that time of year again - time for you to nominate an extraordinary woman for Cosmopolitan's Fun, Fearless Female Women of the Year Awards! We're so excited to see who inspires you. Is it someone like Sarah Hanson-Young, the youngest woman ever to be elected to the Australian Parliament? Maybe it's women rocking the business world, like Samantha Wills or Zoë Foster Blake. Or perhaps it's a game changer like Jesinta Campbell, who uses her platform for good causes. Or maybe it's an otherwise ordinary woman like burns survivor Turia Pitt, who is now a motivational speaker. Or maybe it's... you.

Previous years have seen some truly incredible fun, fearless nominees - including Olympic swimmer Leisel Jones, TV presenter Samantha Armytage, radio personality Maz Compton and actress Ruby Rose - but we're confident that this year's nominees will blow us away. All we have to do is find them...



ACTRESS OF THE YEAR

SINGER OF THE YEAR

GAME CHANGER OF THE YEAR

GIRL BOSS OF THE YEAR

SOCIAL MEDIA STAR OF THE YEAR

FASHION DESIGNER OF THE YEAR

TV PRESENTER OF THE YEAR

SPORTSWOMAN OF THE YEAR

RADIO PRESENTER OF THE YEAR



► Head online to cosmopolitan.com.au/funfearlessfemale to nominate a woman who's made Australia a better, nicer, more fun and fearless place to be this year.









320 unread emails. \$2.5K in debt. 6 Facebook notifications. An overdue electricity bill. A car that needs servicing. 9 Snapchats. 4 loads of washing. 1 dress at the drycleaners...

Want to be free from all this? Our no-judgement guide is here to help, so you can get on with 'grammin' flowers, sipping on frappuccinos and just generally enjoying spring ••

Feel better with less stuff

FOR A RELAXED, SEXY (WARDROBE) LIFE, CONSIDER STRIPPING DOWN TO THE BARE ESSENTIALS



Facing my closet each morning made me anxious. Getting dressed was like sorting through the clearance rack — a chaotic mix of sparkly knits, T-shirts and denim. I was stuffocating. I'm not alone, says James Wallman, author of the recent book *Stuffocation*. "We have more possessions than we can cope with, and it's not necessarily making us happier," he says. Retail therapy doesn't last, says Dr Robin Zasio, director of the Anxiety Treatment Centre in California. "Shortly after you make a purchase, you're left with something that creates emotional clutter and stresses you out." Who needs that? I marched over with a garbage bag, and in went anything I hadn't worn in a year, no longer fit or I didn't actually like. I'm now able to prioritise — instead of buying a bunch of tops, I buy one that I'd actually tack to my Pinterest board. And by selling some old pieces on eBay, I've made enough to cover a trip to see some pals. Turns out, when my piles of stuff got smaller, my life actually got bigger.

HOW DO YOU SAY BYE? The first rule of decluttering: You have to get rid of things in order to get organised. Marie Kondo, the Martha Stewart of Japan and author of *The Life-Changing Magic of Tidying Up*, has helped thousands of people work through the heart-wrenching process of deciding what to keep and what to toss. (The struggle is real.)





BEAUTY GAME, STRONG.

Tossit

Many beauty products feature a small symbol with a number inside which indicates how many months the product lasts for after opening. Pay close attention to products containing active ingredients like AHAs (alpha hydroxy acids) and sunscreen, as these products perform an important task and may fail to do their job if they have expired. A rule of thumb is to invest in new SPF each spring.

Clean it

Dirty makeup brushes create the perfect environment for bacteria to breed, which is why you should be washing them at least once a fortnight (or once a week, if you can!). Use hot water and your regular shampoo, then just leave them on a windowsill to dry in the sun (as the rays help kill any remaining bacteria). Or you could invest in an anti-bacterial brush spray.

Store it

Make a home for your perfume by displaying them on a cake stand or spice rack. Recycle a jam jar to keep your makeup brushes and opt for a perspex shelving unit for smaller things like cotton wool, eyeshadow palettes and lipstick.

Boss up your brand

FROM EFFECTIVE EMAILING TO YOUR LINKEDIN PROFILE. WHIP YOUR WORKING LIFE INTO SHAPE



Minimise future job dissatisfaction by mapping out your career now

Stuart Taylor, author of Assertive Humility: Emerging from the Ego Trap, says before hitting the reset button on your career, take a minute to evaluate why you're feeling disheartened.

- WRITE DOWN WHAT YOU WANT YOUR LIFE TO LOOK LIKE IN FIVE YEARS' TIME. Do you want to travel? Have kids? Become a yogi? Start your own business?
- WHAT DO YOU WISH WAS DIFFERENT ABOUT YOUR WORK LIFE NOW? E.g. I'm not really passionate about the work I'm doing.
- WRITE DOWN YOUR OVERARCHING FIVE-YEAR CAREER GOAL INCLUDING WHAT NEEDS TO HAPPEN TO RESOLVE THE PROBLEMS YOU MENTIONED ABOVE. E.g. I want to quit my job as a dental nurse and become a full-time pilates teacher.
- NOW, WHAT DO I NEED TO DO TO MAKE THIS HAPPEN? BREAK IT DOWN INTO MINI GOALS. E.g. Get my pilates certification; move closer to the city to save money on transport every day.

Email like a CEO

"Minimise the number and length of emails as much as possible without compromising politeness," says Jo Horgan, founder and CEO of Mecca.



FINE-TUNE YOUR SUBJECT LINES.

Include the outcome vou're looking for and a deadline. E.g. "Decision needed re: Holiday Promo Creative by Friday."



MAKE THE CONTENT EASY TO READ.

Use dot-points when possible. E.g. "These are the three things I need: 1. 2. 3."



COME UP WITH SOLUTIONS TO YOUR OWN QUESTIONS.

I often say, "Don't give me the news, give me the solution." I want to reply with yes or no.

THE PERKS



Sara Caverley, founder and creative director of Aussie footwear label Sol Sana "Ask to attend a workshop that will expand your skill set or volunteer to work on a new project or assignment."



Megan English, communications manager at eBav Australia

"Speak to your manager about scheduling in time for gym classes or working from home one day a week or once a fortnight."

"People who write down likely to achieve them"

their goals are 33% more

ORGANISE A CATCH-UP WITH YOUR BOSS KEEP IT SIMPLE WITH THIS FORMULA: TIME REQUIRED + TOPICS TO DISCUSS + OUTCOME REQUIRED.





Jane Huxley, managing director of radio app Pandora, shows us how to win at LinkedIn

Try thinking of LinkedIn as a network of contacts. Think carefully about the people you add and groups you join (as they can give leverage to your network and personal brand). It's also worth culling unused connections every six months.

When you reach out to connect with someone on LinkedIn, include a personalised message as to why you think the connection would be beneficial. Never leave the default text "I'd like to add you to my network."

I use my LinkedIn home page like a news service, and look at it every morning. You can only achieve this if you have the right network. You do also need to participate in this exchange by posting your own articles or sharing others. It's a two-way street.



Pap smear

HOW: Internal test done at the doctors – while you're there, ask about breast self-examination, too.

WHY: The Pap test detects early changes and therefore prevents cervical cancer.

ASSOCIATED WITH: Abnormalities in the cervix, which can be caused by HPV virus, an STI, as well as other factors including smoking. Changes that suggest persistent infection may need treatment, as they could lead to cancer.

BOOK IT: Every two years.

Skin check

HOW: Your doctor will look at your skin, including any spots you have identified as new or suspicious.

WHY: If a skin cancer is suspected, a biopsy will usually be done to confirm the diagnosis. A biopsy is a simple procedure, and is usually performed in the doctor's office. Most skin cancers can be treated successfully if found early.

ASSOCIATED WITH: Melanoma.

BOOK IT: If you notice anything new or different about your skin.

Sexual health check

HOW: Urine or swab test at your local GP or a sexual health clinic. A vaginal check or blood test may also be done.

WHY: If you've had unprotected sex, have had a new partner, have multiple partners or are starting a new relationship.

ASSOCIATED WITH: Long-term health problems if left untreated.

BOOK IT: As a general rule, each time you start a relationship or if you've had unprotected sex or are experiencing unusual symptoms.

Dental

HOW: Check-up at the dentist.

WHY: Many dental problems don't become visible or cause pain until they're in more advanced stages. Regular check-ups mean problems can be treated when they're at a manageable stage.

ASSOCIATED WITH: Cavities, gum disease and infection. In times of stress or illness, you should visit the dentist more frequently.

BOOK IT: Once or twice a year.

Four tests to book now for the year ahead

SUCK IT UP AND STOP PROCRASTINATING ON THAT PAP SMEAR - YOU'LL FEEL BETTER ONCE IT'S DONE

MINE

Know where your money goes

SETTING AND STICKING TO A BUDGET DOESN'T HAVE TO BE AS CLICHED AS GIVING UP YOUR MORNING COFFEE

STEP 1

How much you

spend on coffee

Credit card payments

Going out

Hidden expenses,

like birthday gifts

YOUR MONTHLY (

> Write down your monthly grocery bill

Rent or mortgage damage

Approximate cost of any bills

Petrol and/or transport cost

HECS payments

Insurance (health, car, home...)

TOTAL: \$

STEP 2

CIRCLE

BYO LUNCH LEFTOVERS

+ total from step one



PURCHASED LUNCH

(approx \$10 lunch X 5 days X 4.3 weeks) + total from step one

STEP 3

Subtract your total expenses from your monthly income and you'll fall into one of two categories:

Your monthly expenses are covered by your income.

You're also able to put some cash away for a home loan, holiday or that Alexander Wang bag. Good job on being a budget gueen! Keep it up.

2 Your spending exceeds your income. OK, so this is not ideal, but rest assured you can get back on track. Remember, letting your finances slip can cost you a fortune in the long run, so follow the game plan below.



OUR FAIL-SAFE GET-AHEAD PLAN

SIMONE MILASAS. **FOUNDER OF JOY OF BUSINESS, SUGGESTS PUTTING 10 PER CENT** OF YOUR INCOME AWAY IN AN ACCOUNT THAT YOU CAN'T TOUCH FOR **LONG-TERM SAVING GOALS LIKE A HOUSE DEPOSIT OR OVERSEAS** TRIP. "PAY YOURSELF **BEFORE EVERYTHING ELSE INCLUDING** BILLS," SHE SAYS. **PUTTING MONEY AWAY BEFORE PAYING YOUR BILLS MEANS YOU'RE** HONOURING YOURSELF FIRST AND CREATING A HABIT OF SAVING.

REASSESS...

Can you reduce the cost of your current phone plan or look for a cheaper deal? Shop around for your car and health insurance, and see if you can purchase it quarterly or half-yearly instead of having to fork out a lump sum annually.

MAKE SOME EXTRA CASH...

Make friends with sites like Gumtree and eBav: you'll be surprised at how much cash you can make just from the objects lying dormant at your house.

For every purchase you're tempted to make, ask yourself if it's a need or a want. If it's the latter, think about how every new purchase will set you back from finally being free of that icky quilt feeling caused by debt.

NEVER MISS

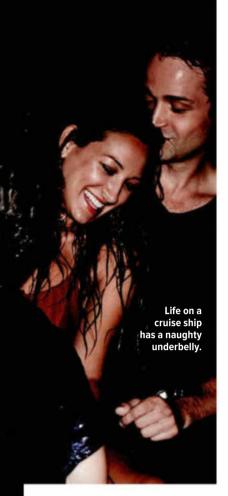
Your inbox is already flooded, and one or two missed credit card payments can really screw up your credit rating. Why not set up a separate email just for money stuff.

- SARAH RIEGELHUTH, CO-FOUNDER OF WEALTH ENHANCERS & LEAGUE OF EXTRAORDINARY WOMEN



CREERY HIGHT

Cosmo investigates the secret world of cruise ship sex parties



As the officer pushed her up against the wall of her cramped cabin. Mary's head began to spin from the cocktail of drugs and alcohol she'd taken. "Call me captain," he ordered,

while unbuttoning her blouse. All of a sudden a different pair of hands pulled at her tight black skirt. It was a stewardess she had passed in the hall a few times, but Mary* hardly recognised her without clothes on. A naked man was sitting on the edge of her single bed, looking on while he touched himself. She had no idea who he was, but the pair would soon become very well acquainted. Bob Marley's One Love was blasting from the pool deck above them, providing a kind of ironic soundtrack... Mary was about to have her first orgy.

It may read like a scene straight from a Mills & Boon novel, but this story is not fiction. According to former stewardess

Mary, booze-filled orgies are a nightly occurrence amongst the crew on one of the world's largest cruise liners. So much so that the next day when she saw her roommate who'd overheard the whole thing, she didn't even blush – her roomie had kept her awake on plenty of occasions.

While over 2000 guests feast on French onion soup and filet mignon in the chandelier-lit dining halls, off-duty staff fend off cabin fever with boozy parties and group sex in what Mary calls the "cocoon of debauchery", also known as the staff quarters.

Brisbane author of Sex, Lies & Cruising Cathryn Chapman, who spent many years working on various cruise ships, reveals that infidelity is practically a requirement of the job.

"Cheating was so rife that people were cheating on their partner whether they were back home on dry land or even on the same ship as them, just sleeping or working," she says.

"I was dating an Italian officer on the ship for a month, and when I asked him whether he'd seen anyone else on the ship he revealed he was dating 10 other women at that time like it was nothing."

For Mary, who was just 22 when she took up a six-month contract onboard, it took only three weeks at sea to uncover the murky world of drunken orgies and debauchery that lies beneath the sun-baked pool decks and free-flowing piña coladas. She tells Cosmo what really happens...

After working a string of 10-hour days, I was in desperate need of a few drinks to unwind so, like most other nights, I went to the crew bar. The bar is the heart of the staff quarters, located on deck three and strictly off-limits to passengers. The booze is cheap, there's always music pumping and the parties are still some of



the wildest I've ever been to - not even Vegas or Ibiza compares.

As one of the newest and youngest girls onboard, I was considered 'fresh meat', so I got a lot of attention from the male staff, which I have to admit I loved. Everyone working on the ship had to be in peak physical condition, so they were really fit, good-looking and adventurous. Add uniforms into the mix and you've got a sexually charged atmosphere, with seriously hot hook-ups guaranteed.

On this particular night, I drank too much too soon, and at just after midnight I decided to stumble back to my bed in my cabin, which I was sharing with a waitress from Jamaica.

An officer I'd had my eye on offered to walk with me, so I accepted. But as I led him away through the narrow corridors, I glimpsed the captain of the ship pinning a young stewardess up against the wall. She was trying to free her hands from his strong grasp, but she was so drunk she couldn't even find the strength to string a sentence together. Then the captain looked over, flashed a sleazy smirk and pushed her cabin door open, pulling her in.

I turned to the officer next to me, expecting him to intervene, but instead he just whispered in my ear, 'Captain's getting lucky tonight!' I really wish I'd done something, but I didn't dare risk tarnishing the ship's reputation. If I did, I knew I'd be crucified by the rest of the crew and I had only just started the job. So many assaults fly under the radar.

I felt a lump in my throat for weeks about it, and because there are so many crew and it's constantly changing I never saw her again. I don't even know what I would have said to her if I did, but I'll always feel guilty for not being strong enough to stand up against this. If I could go back and change my actions, I would in a heartbeat.



That night I had sex with the officer in my cabin, which was uncomfortable and awkward given that a flimsy curtain was the only thing standing between our naked bodies and my poor roommate trying to sleep. The officer was my first hook-up since starting the job and I cringed at the thought of my roommate hearing, but the next night it was her who kept me up for hours with her conquest.

Sleeping with passengers is strictly forbidden, but in my first three months, two waiters were caught, fired and made to get off at the next port. I'm not sure why they risked it because there was enough X-rated fun being had in the staff quarters. We consumed so much alcohol, and on a few occasions even took ecstasy, which had been smuggled onboard by the more daring crew, before packing as many naked bodies as possible into a tiny cabin for group sex.

I'd never even dreamt of having an orgy before this, but with plenty of liquid courage it was a welcome thrill from our monotonous routine. And being amongst a sea of horny men, all so eager to please, gave me an adrenaline rush like no other. It also gave me an odd sense of belonging, which was nice since I was so far from home. The orgy was the naughtiest thing I ever did. Not in a million years did I ever dream I would allow myself to be so sexually liberal.

Apparently, these sorts of sex parties are commonplace on OFFENCES **BY CREW**

BOOK A CRUISE EACH YEAR

MEMBERS

OF SEXUAL ASSAULT IS HIGHER AT SEA cruise ships. One big cruise liner has the ultimate reputation as a party and orgy ship. I guess it tends to attract a younger crowd, too, so I've heard of a lot of staff get it on with the passengers. Saying that, I do think all cruise liners attract young, adventurous and thrill-seeking staff, so when you put them all in a confined space for such a long period of time, they're guaranteed to push the boundaries occasionally.

It was amazing that I never turned up for work drunk, but I did have some killer hangovers. Turning up drunk is a sackable offence, but often managers brushed over it. Saying that, I never saw the crew who were in charge of the lifeboats and seafarers in high positions get drunk with the rest of the staff.

The male staff onboard competed in what they called the 'tour-de-world', sleeping with a woman from a different country every night - and they had over 50 nationalities to choose from. Needless to say, I never saw any long-lasting romances blossom amongst the crew.

But my throw-caution-tothe-wind attitude came to an abrupt end when a senior officer offered to promote me in return for sexual favours. Suddenly, I felt more like a sex worker than a stewardess and I couldn't wait to get back on land.

During my final couple of months onboard the ship, I filled my cabin with books instead of boners, and when it came time to bid farewell to the sea. I never once looked back."

THE DARK SIDE

"The probability of sexual assault happening on a cruise ship is far greater than on land," says Australian president of the International **Cruise Victims Association, Mark** Brimble. "The ships do everything they can to sell as much alcohol as possible because of profit and so you have all these drunk people compressed into a small environment. There are insufficient measures to prevent drugs from being smuggled on ships." On September 24, 2002, Brimble's former wife Dianne

Brimble died after she

took the date rape drug GHB onboard P&O ship Pacific Sky. Her naked body was found in the cabin of four men she'd met the night before.

"The probabilty of sexual assault happening on a cruise ship is far greater than on land..." says campaigner Mark Brimble.

"People are putting their lives in the hands of a lawless environment, where there's the potential for people to commit crimes and assaults without fair justice as there is no one

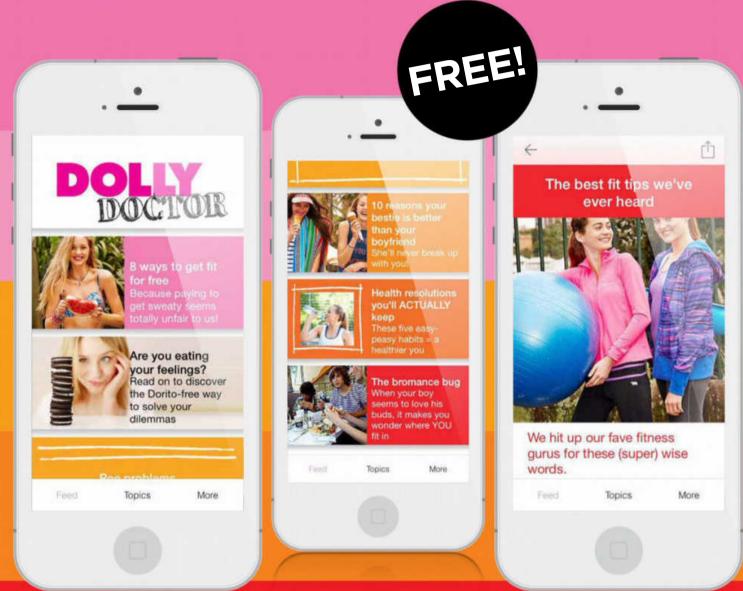
authority that they can report to," says Brimble. The cruise liners disagree. "By every legitimate account, the incidence of serious crimes onboard cruise ships is extremely low," claims The Cruise **Lines International** Association. "The cruise industry's priority for its workforce is their welfare... Companies work within a strictly regulated and frequently inspected global industry and adhere to European and international regulation."



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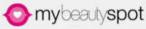
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Dress: \$220, Bec & Bridge (becandbridge.com.au). Necklaces: \$145 each, By Charlotte (bycharlotte. com.au). Ring: \$59.95, Liberté (liberte.com.au).



LEFT: Dress: \$299, Shakuhachi (shakuhachi.net). Shoes: \$100, River Island (au.riverisland.com). Bag: \$79.95, Olga Berg (olgaberg.com.au).

RIGHT: Blazer: \$129.95, Sportsgirl (sportsgirl.com.au). Pants: \$39.95, H&M (hm.com/au). Shoes: \$89.95, Kardashian Kollection (kardashianshoes.com.au). Necklace: \$320, Sarah & Sebastian (sarahandsebastian.com).





LEFT: Jacket: \$319, J Brand (edwardsimports.com). Swimsuit: \$200, Fella (fellaswim.com.au). Ring: \$19.95; fine bracelet: \$39.95, both Witchery (1800 033 465). Chain bracelet: \$295, Maniamania (themaniamania.com).

RIGHT: Top: \$55, Asos (asos.com/au). Skirt: \$339, MLM (mlmlabel.com). Earrings: \$170, Ford + Harris at The Dark Horse (thedarkhorse.com.au). Bracelet: \$295, Maniamania (themaniamania.com). Clutch: \$249, Mimco (mimco.com.au).





BLUBS

Ain't nothing sad about it — blue is adding a pop of sophistication to understated outfits









LEFT: Top: \$79.95, Country Road (countryroad.com.au). Skirt: \$199.99, Thurley (thurley.com.au). Shirt: around waist \$49.95, Katies (katies.com.au). Shoes: \$139.95, Windsor Smith (windsorsmith.com.au). Earrings: \$119, Krystle Knight Jewellery (krystleknightjewellery.com). Clutch: \$199, Avgvs (avgvs.com). RIGHT: Top: \$49.95, H&M (hm.com/au). Dress: worn underneath \$129.95, French Connection (frenchconnection.com.au). Bangles: from \$69.95, Liberté (liberte.com.au).





LEFT: Vest: \$179.95, French Connection (frenchconnection.com.au). Top: \$99, Lilya (ilovelilya.com). Pants: \$79.95, Zara (02 9376 7600). Shoes: \$169.95, Windsor Smith (windsorsmith.com.au). Earrings: \$385, Susan Driver (susandriver.com.au). RIGHT: Jacket: \$449, Manning Cartell (manningcartell.com.au). Top: \$149.95, BC the Label (blessedarethemeek.com.au). Dress: worn underneath \$99.99, Oskar the Label (oskarthelabel.com).

Earrings: \$99.95, Mimco (mimco.com.au). Rings: from \$310, Susan Driver (susandriver.com.au).

















































\$180, Sambag (sambag.com.au)



\$489, Sancia (sancia.com.au)



\$40, Boohoo (boohoo.com)



\$279, Tilkah (tilkah.com.au)







\$229, Lacoste (lacoste.com.au)



\$320, Zimmermann (zimmermannwear.com)

\$119.95, Tony Bianco (bagsac.com.au)



\$59.95, Harris Scarfe (harrisscarfe.com.au)



\$59.99, Forever New (forevernew.com.au)













THE BFLLF

This countryside beauty rocks a half-up, half-down 'do like no one else.

GET THE LOOK: Gather the top section of hair into an elastic, leaving out wispy pieces at the front and down the sides (not just chunks at the front!). Then, loosely gather the top into a messy bun and pin into place. Taking a hot tong (like Silver Bullet Fastlane Large Ceramic Conical Curling Iron in Pink, \$69.95), gently curl the front pieces, rolling away from your face and only holding for a few seconds so they're nice and loose. Finish with hairspray, and a red rose of course.





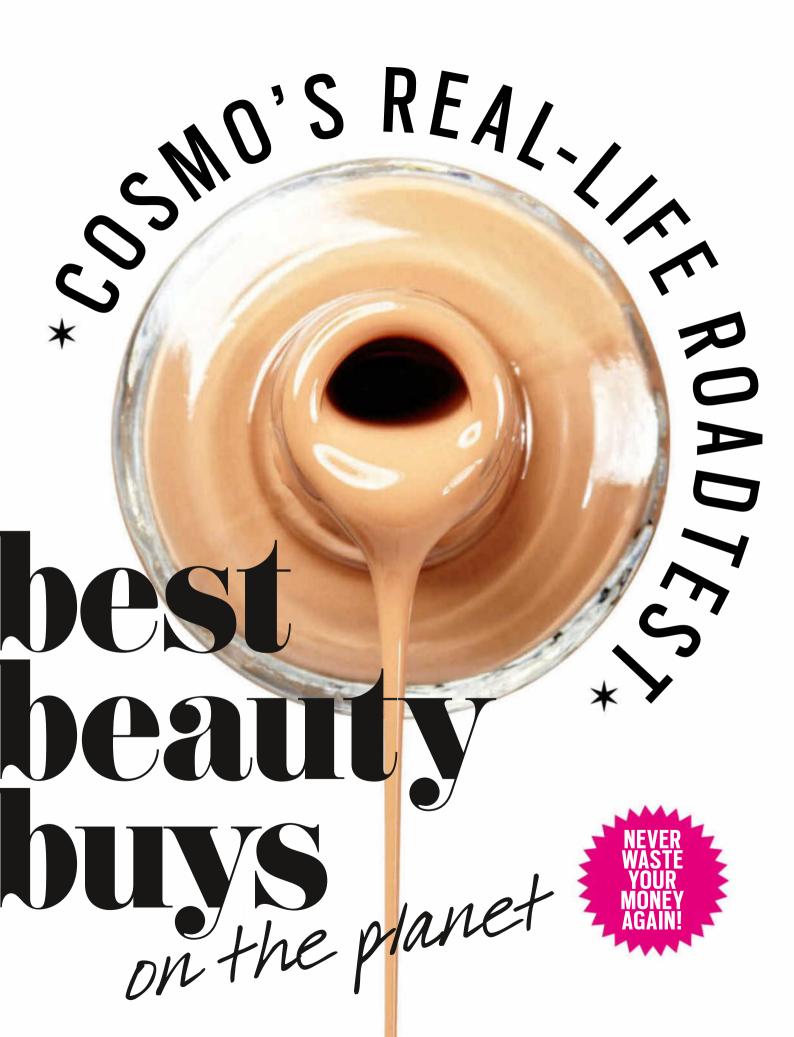


THE RAPUNZEL

This babe just knows hair.

GET THE LOOK: Don't have waist-length locks? It's all about clip-in pieces like Lady Jayne Hair Extensions, \$39.99. After securing your sections, part to the side and scrunch in a sea salt spray (try ELEVEN Australia Sea Salt Texture Spray, \$21.95) for texture. If your hair is straight, wrap small pieces around a thin barrel tong for one or two seconds, which will give you natural-looking movement. Take hair from either side and loosely roll backwards, pinning at the back of your head.







Because Leigh Campbell knows buying a product that doesn't work totally sucks



Being a beauty products. Some long ago I used a patchy complexion. was angry, but I'd still had I paid for the product! That's pages so that you hard-earned cash **Consider them**

LONG-WEAR FOUNDATION

Revion ColorStay Makenp in Nude, \$34.95
It offered seamless coverage without much blending at all, which is great when you're in a hurry. I built up the coverage with a second layer over my pigmentation and it was still there when I wiped it away with a face wipe 14 hours later.

Rimmel London Lasting Finish 25H Skin Perfecting Full Coverage Foundation with Comfort Serum in Sand, \$17.95

This went on like a rich face cream or serum, so I was worried it would be too hydrating. Surprisingly, it went the distance and stayed put, offering luminosity with great coverage.

NARS All Day Luminous Weightless Foundation in Fiji from Mecca Cosmetica, \$64

This had the most coverage and was the most weightless. It goes on like a serum, offers a glow and lasts all day. Not for super-oily skins, but perfect for all others after high coverage.





This can be used for filling in dark brows as well as lining eyes. It stays put with minimal transfer to the crease, but it took a few layers to get the colour as black as I wanted with no gaps. Better suited for a softer, more natural look.



SHU UEMURA PAINTING LINER IN BLACK, \$35 There was no need for layering with this creamy formula as it was super-black,

blendable and glided on easily - perfect for creating sharp or smudged lines. It lasted all day, but after a few hours I had a fairly visible imprint on my crease line.



RIMMEL LONDON **SCANDALEYES WATERPROOF GEL EYELINER IN BLACK,** \$12.95

This super-pigmented formula needs only one layer, so there's little room for error. The applicator brush is great for creating an even, perfect line and stayed put all day long with no crease transfer.

Removes every last trace of mascara.

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Rimmel London Sun Shimmer Self Tan Mousse, \$16.95 I applied it using a mitt after showering. It felt quite thin and there was a subtle fake tan-y scent. After 70 minutes I showered again and upon gently towel-drying my skin was dark golden, the smell had virtually gone and it blended well at the joints.

Puretan Pure Bronze Rapid Instant Tanning Lotion, \$32.95 Don't waste any time with your application – it soaks in quickly and is tricky to blend if you work too slowly (use a mitt). There's no telltale smell once washed off and the colour's quite golden, so avoid if you're very pale. Leave it on for at least three hours for a deeper tan.

Naked Tan Goddess bronzing Mousse, \$35.99 I applied this foam with a mitt and was impressed by how easily it glided on, and I had a bit of time to blend it before it dried. Just over an hour later, I showered again to rinse off the guide colour and had a medium tan. It lasted the better half of a week with daily moisturising. 🍑



This formula left almost no white at all. It subtly soaked

up my oily roots, and I built it up later in the day when

I felt like I needed more. Great for getting root volume.

Napoleon Perdis Auto

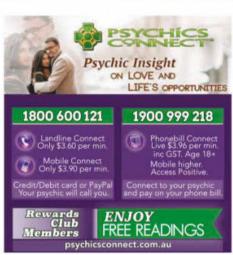
Pilot Pore Minimizer

and Mattifier, \$69

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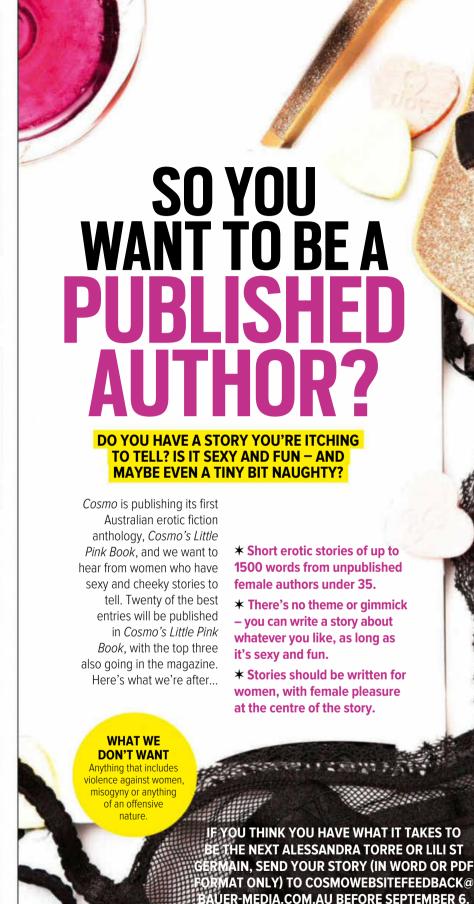
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THE SIZE - AND SPECIFICS - OF YOUR BOOBS

I guarantee you're more worried about big nipples or a small cup size than I am. Think of it this way: you find a starving man in the street and all you have is a carrot. You think he's going to hold out for a steak?

2 YOUR "CREATIVE" ROLE-PLAY SUGGESTIONS

You want me to be a bushwalker while you play the corrupt park ranger? Done. Feed me the script and I'll read the lines. Sure, I might think you're a little bit cuckoo, but you have sexual fantasies into which I'm being invited. That's hot.

3 EX-GIRLFRIENDS

Occasionally, it comes out that you're comparing yourself to my ex worrying that you don't own handcuffs or I'm frustrated that your knees only seem to bend in one direction. Look, maybe my ex did let me watch her cook wearing nothing but heels and she had no discernible gag reflex, but she also used to check my emails and cut her toenails on the couch. Remember that exes are exes for good reason.

4 YOU REACHING FOR THE LUBE

Some women seem to think needing it is a personal shortcoming. But lube makes sex better. Most guys have already realised this, but it shouldn't take too much convincing. Using it on yourself, and him, is a great bit of foreplay. Plus it gives me another thing to misinterpret as proof that I'm better endowed than other guys – so well-hung, she's calling in backup.

5 WHAT UNDERWEAR YOU'RE WEARING

Within reason, of course. If they're stained, consist of as much fabric as a king-sized doona, or have your initials from camp stitched on them, a guy might notice. The simple solution? Take 'em off! And you know what? On second thoughts, hold on to the ones from camp. I have an idea...







YOUR BLOW JOB TECH-**NIQ**UE

<mark>As lo</mark>ng as you're not using teeth or doing anything with your hands that could be confused with wringing out a towel, you're in pretty good shape. Assuming, that is, you haven't let go of the balls. Never let go of the balls.

8 WHETHER OR NOT YOU SWALLOW

It's like they used to say about masturbation in sex ed class – it's normal if you do and it's normal if you don't. Just know that I don't expect you to. If you're not going to do it, just grab the towel that "happens" to be by your bed. Or, if you're feeling generous and want to reward me for watching too much porn, you could offer up your stomach or chest. I'll knit you a towel out of gratitude.

THE SOUNDS YOU **ARE MAKING**

Unless my parents are in the next room, there really is no such thing as being too loud during sex. Whether the sounds are high-pitched, guttural, a moan, a purr, a groan, or even a snort – as long as it can't be confused with a hyena or a hawk, I really don't care. But if you're really worried, just breathe deep in my ear. Always works.

10 THE SOUNDS YOUR **BODY MAKES**

If we're adjusting positions and our chests squeeze together on a pocket of air to make a fart noise, I know it wasn't you. As for the occasional noises that may emanate from Downton Abbey when things fall into a particular rhythm, that's just what sex sounds like. To complain about that would be like complaining you can hear a car engine humming when it's on.

YOUR ORGASM FACE

Yes, you look like you're about to sneeze, cry and lift a sofa all at once. But it's probably nothing compared to my "O" face. In fact, a lot of times guys get off on your "O" face. Because it means you came. Which means I'm a sex wizard.



Their love spanned oceans. Her desire to make the world a better place tore them apart. And then uh... he started dating me LREANY HIS GREAT



ON MY FIRST date with Greg, he said almost immediately that he'd recently ended a year-long relationship. His ex, Jenna*, had gone to Thailand to do some long-term volunteer work, and they'd mutually decided it was easier to end it than attempt long-distance. "It was really hard," he said. "One of the hardest things I've ever had to do." I flagged down a bartender. "Um, can I get another drink?"

DESPITE MY misgivings, the first date gave way to a second, a fourth, and then countless. The more I grew to like Greg, the more the nature of his last break-up bothered me. Unlike your garden-variety "we don't have sex anymore; give me back my T-shirt" break-up, he and Jenna were still in love when circumstances cruelly tore them apart. It was one of those James Dean relationships that died too young and beautiful. For the next girlfriend - me - it was a hell of



an act to follow. Jenna haunted our relationship for the next few months. She was in his Facebook profile photo (he hardly used Facebook and there were other people in the photo, but still). They Skyped all the time. Eventually, I got so sensitive about Jenna that when Greg spoke fondly of her, it felt like a veiled criticism of me. When he said that Jenna "genuinely cared about people", I felt like he was saying I didn't genuinely care about people. As in, every minute writing for a magazine is another minute I'm not doing something Truly Altruistic, like training a guide dog. I worried that Greg thought he'd downgraded from Mother Teresa to Lauren Conrad.

BUT THE THING WAS, I really liked him. When we had debates about things like Twitter's effect on society, he found me challenging rather than argumentative... even when it ended with my informing

him that handsome straight white men aren't allowed to have opinions on society. I'm sometimes absent-minded when I'm engrossed in work, so he started sending me midday texts like: "Did you eat?" The qualities I liked so much about him - being open, wanting to share stuff with me, seeing the best in people - were the reason he said nice things to me about Jenna. He wasn't being inconsiderate on purpose. He was just a good dude with positive feelings towards his exes.

Four months into our relationship, Greg met my mum. It was the first time I'd ever introduced a guy I was dating to her, and she liked him a lot. At her house, I asked Greg offhandedly if Jenna knew about me. He shook his head. "We promised not to talk to each other about other people," he said casually. I froze, furious and embarrassed, tears welling up in my eyes. He was the first guy who'd ever met anyone in my family, and he

wouldn't even tell his ex-girlfriend that I existed. On the ride home, I started to cry. A part of me wanted to run, rather than settle for a relationship where I'd always feel like the lacklustre sequel to a Nicholas Sparks movie. But I also knew that would be jumping the gun. I took a deep breath and said: "I want you to tell Jenna about me." His response was calm and crazy in a way only a guy can be. He said, "I just don't see why you'd want me to hurt her for no reason."

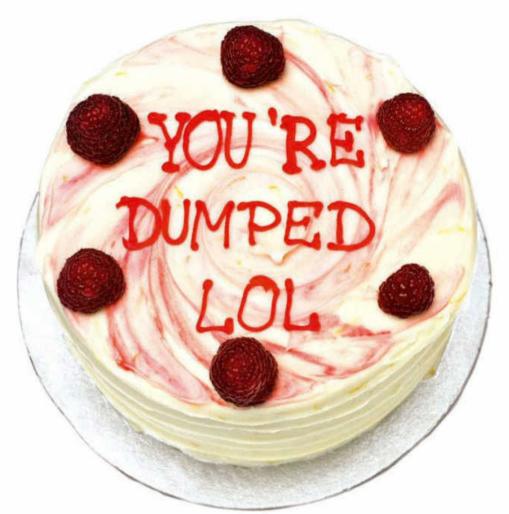
AND BEAUTIFUL"

GUILTY, I ACQUIESCED. But the next day at work, I wrote him a long email, my hands shaking. I told him I thought the fact that he'd rather hurt me than hurt Jenna was telling and that he might want to re-evaluate how over her he was. He met up with me after work. After I'd sent my email, he had Skyped Jenna and told her he was in a serious relationship. They had both cried and said they would always be in each other's lives - I held up my hand. "Stop there, OK? Great."

"When Jenna and I started dating, we both knew she was leaving. Did I tell you that?" he asked me. (He hadn't.) "I knew there was a time limit. That was part of why I dated her." This reframed things for me. Romeo knows Juliet's gotta leave at the end of the year and ultimately doesn't love her enough to follow her to Thailand packs much less of an emotional punch. "So you're saying if you loved her enough you'd have gone with her?" I asked, just to be sure.

He thought for a minute and then looked me in the eye. "Yeah. Definitely."

Now that we've been together for a year, a lot of my apprehension around Jenna has faded. Maybe their relationship was James Dean, but ours is Michael Fassbender: exciting and sexy but with more adult maturity, more depth and very much alive. Anna Breslaw



How to dump Someone (without being an asshole)

Being dumped sucks... but sometimes being the "dumper" is even worse. So how the hell are you meant to end things? Follow our advice

"First, ask yourself, 'Do I want this to end or do I just want change?'" advises relationship therapist and founder of the 7 Steps to a Better Break-Up app, Sara Davison. "If you've been together more than a few months, maintaining this relationship has taken hard work – so you owe it to yourself to give leaving

DON'T JUST WADE

With clients who decide they want to end things, I talk them through my 'no regrets' system before they separate, which involves putting everything on the table – any issues or dislikes. Try it yourself – write down your bugbears and talk them through with him. Only then can you decide whether it really is the right decision." And while it might be tempting, don't try to make him dump you so you don't have to do it – things won't be friendly post-split.

MAKE SURE HE HEARS IT FROM YOU FIRST

Chances are others have sussed out your intentions (maybe your colleague caught you grimacing at his latest text). But resist the urge to speak to too many people about it before you talk to him — he doesn't need to hear it from your mate's boyfriend. "If you do tell anyone, make it clear this is private information," says Davison. "And once you do speak to him, reassure him you've kept it on the DL (he may be paranoid everybody knew about it but him)."

PICK YOUR TIME CAREFULLY

So you've made your mind up, but it might come as a major shock to him, so leave plenty of time to discuss it. "Even if it ends up being a quick talk, he'll still be left reeling, so don't tell him before an important meeting or a night out," says Davison. "Ideally, do it at his place so you can leave afterwards." How you tackle it depends on your relationship - a match.com study showed people who meet online tend to break up online too. "Generally, a good rule is to ask yourself, 'How would *I* like this to end?'" says Davison. "If you don't feel committed, a heartfelt email is OK. But if you'd be gutted if he dumped you that way, don't do it to him!" Time to delete that draft in your mailbox and drive to his place.

BE HONEST ✓ Avoid the temptation to use clichés. "By telling him you're 'not in the place for a relationship' (when actually, you just don't fancy him), you're confusing the situation," says Davison. For him to move on, you need to help him realise why you're not right for each other - and that requires total honesty. "But there's a line - being too brutal ('The sex is rubbish', or 'I fancy other people') will only lead to more heartbreak. Strike the right balance and don't give him false hope if you know there isn't any." If he's angry, try to understand, and remember that even if he seems OK now, he might not be tomorrow. And if he rebounds sooner than you'd like, don't rise to it.

it some decent thought.

SET BOUNDARIES

You need to tell him what will happen next, and be clear and firm about where you stand. So have a game plan in place - will you come over next week to pick up your stuff? Staying in touch over the new few weeks/months will be hard, so sort it out now. If you're going to tell the world (say, by changing your status on Facebook) warn him first. Also, avoid mixed messages: don't say one thing and do another. Research shows men have a harder time adjusting to break-ups because they're unprepared (whereas women will generally have considered the possibility). It'll only make it more gut-wrenching if you phone him when you're drunk, or use your pet name for him in an email. Above all, do not have sex with him. It will only prolong the break-up pain. OK?

MANAGE THE POST-BREAK-UP FALL-OUT If you have to talk, stick to neutral media such as email rather than text - that way, there'll be less pressure on you to reply at 1am when he's drunk. Decide who you want to remain friends with in your social circle, and if it's not likely you'll stay chummy with his mates, consider a Facebook cull. "If you worry you'll end up poring over photos he's been tagged in, think about blocking him – but give him the heads-up first," says Davison. Finally, however bad it got, don't underestimate what a huge part of your life he was. "Fill that void by setting new goals as soon as you can," advises Davison. "And ditch that brunch place you always went to - find a new one!"



Splitsville Stories

These women have gone through the worst post-break-up moments so you don't have to. Read them and cringe

Sock it to him

I'd been dating a guy for six months when he ended it abruptly. I had no idea why, and was absolutely devastated. In the following days, I spent my time moping around my house crying – and when I came across a dirty sock of his that he'd left behind. I slept with it under my pillow for the next three months. I eventually came to my senses, rediscovered my self-respect and threw it out - but I still look back on it as a major low point. **Anna**, 27

Facebook fail

I was scanning Facebook while I was waiting for the bus when I decided to run a search on my ex, Steve*, to see what he was up to. I'd only got as far as typing in his name and hitting enter when the bus came. so I forgot all about it. But back home later that day, my housemate asked me

if I was aware that I had updated my Facebook status to Steve's full name. Horrified, I ran to my computer, realising I must have confused the search and status update boxes. There was the evidence of my stalking, along with 21 "likes" from Steve's friends. There was nothing I could do but own up and update my status to, "Yes, I was stalking my ex." Total humiliation! Lauren, 23

Fists of fury

When my boyfriend and I split up, I was devastated. But I still got on well with his friends, so I decided to stay in touch and hang out with them. One night while we were clubbing, I was in the toilet and heard two girls talking about a "crazy ex" - I gradually realised they were talking about me. When one of them said, "We've been seeing each other for about a month, but have to pretend we're not together while

she's here," I snapped. I walked up to my ex and whacked him in the face, before bursting into tears and running out of the club. Rebecca, 22

Family ties

After splitting with my ex of five years, I found myself bursting into tears when anybody who didn't know we'd split asked how Greg* was. It was so traumatic telling people about the break-up that when I bumped into his cousin (who'd just been on her honeymoon) I decided not to say anything. I nodded at everything she said ("Ooh, you and Greg will be thinking wedding bells soon too!") and made my excuses. I didn't think any more of it until he texted me asking why the hell I was telling his family we were getting married, and that I needed to "just get over him, ASAP". His wanky text reminded me why we were splitting... Janie*, 33

Broken-up boys Guys have trouble too...

When I split up with my girlfriend of four years we decided to remain friends, even though I wasn't over her at all. One night, I went out for dinner with some mates and after a bottle and a half of wine, I decided it would be a good idea to head for her place. When I got there, I saw her new boyfriend sitting on the sofa, which resulted in my breaking down in tears on the doorstep. I was invited inside to calm down, where her new boyfriend pitifully handed me a beer and said, "Don't worry, mate, you'll find someone else." Shameful. Mark*, 32

My ex broke up with me because I wasn't "mature enough" (her words). I bumped into her a few months later, we got chatting and I suggested we should give it another go. We ended up back at her flat to carry on our "chat" and I thought my luck was in. She went off to the kitchen so I stripped off and took up a seductive pose on the sofa. I popped on some bunny ears that were lying on the floor, as a joke. She came back in, took one look at me and went crazy. "See! This is what I mean – you are so immature!" She chucked me out before I could get dressed. Jake*, 24



hocosplay





the couple stay active

thought about her power



SEX Q&A

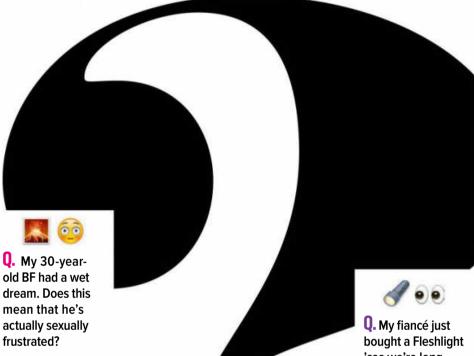
No-BS responses to questions you can only ask Cosmo





Q. I'm an old virgin (I'm 24!). Should I tell the guy that I'm hooking up with, or not?

A. Well, we don't suggest blurting "Oh god, you're about to swipe my V-card!" Not only would that be quite awkward, it would also reduce you to a 24-year-old virgin, when in fact vou're so much more than that. You might be the best kisser he's ever known, or the ultimate BJ boss. "Our sexuality is far bigger than just whether we have been penetrated," savs sex therapist Chris Donaghue, author of Sex Outside the Lines. Let your virginity come up more naturally - "Hey, can we start out slow? I'm not the most experienced over here." He's probably nervous too. As Donaghue puts it, "We're all virgins again when we're with someone new." Ain't that the truth...



A. Not necessarily. David Kaufman, assistant professor of urology at Weill **Cornell Medical** College, says it's "his body telling him that he needs more frequent ejaculation". He also explains that seminal vesicles have to release build-up to make some room for the new supply – it's a bit like closet cleaning, but for his wang.

bought a Fleshlight 'cos we're long-distance and only see each other on weekends. Will he like the toy more than me?

A. Now don't sell yourself short, lady. His masturbation sleeve has nothing on your sexy self. Besides, "It might raise his sex drive," says Donaghue. It's an unofficial law: the more sex you have, whether it's with yourself or a partner, the more you'll want.



Q. The incredible guy I'm seeing just came out to me as trans. So far, we've only made out – but he still has his female genitals. So what exactly does hooking up look like for us?

A. It sounds like you're asking how you'll have sex if he doesn't have a penis. Well, "sex can take many forms and specific genitals need not be involved," says Michele Angello, a clinical sexologist who specialises in transgender identity. "There are infinite ways to have mind-blowing sex with this quy." They include your mouths, fingers, sex toys, or even a strap-on. Ask him what he's cool with - Angello says that some trans people are OK with using their genitals and others have "no-go zones". The sexiest thing to do is talk about what you each find hot.





WHAT'S THE BEST SEX TOY... IF I DON'T WANT PENETRATION?

The Womanizer (\$244.95, wildsecrets.com.au) provides touchless stimulation via a unique suction method and "pulsating pleasure waves". There's a reason why this vibrator is a best-seller.





PYOUR GUIDE TO THE MALE BRAIN MALE BRAIN



ONE TABASCO BOTTLE

Props to the Harvard of hot sauce, but an empty fridge means he uses it only on takeaway. Lazy hipster much?

A SIX-PACK AND A PIZZA BOX WITH LEFTOVER CRUSTS INSIDE

The imbalanced diet of a seventh-grade boy. Close your eyes in his bathroom.

COPIOUS GROUND BEEF AND SAUSAGE CASINGS

Makes his own sausages? Total alpha male.

CHANTERELLE MUSHROOMS, SAN PELLEGRINO AND GOURMET CHEESE

He's either loaded, mildly pretentious, or both.

A BOX OF RANDOM COMMUNITY-SOURCED VEGETABLES

The dude has to learn how to cook a radish and other obscure weeds he gets stuck with every week. He's resourceful! Bodes well for the bedroom.

GLUTEN-FREE BREAD, LOW-FAT MAYO AND SOY CHEESE

It's defs awesome that he eats clean. But unless you share the same diet, just how long can you stand a dude who thinks that a charcuterie plate is worse than cocaine?

IN JENNERAL

3 THINGS
BRODY
JENNER
WANTS YOU
TO KNOW
ABOUT SEX



© D∩N'TI

DON'T BESHY

"My girlfriend and I both wanted a threesome but were scared to mention it. She finally suggested it, and when we tried it, it was awesome!"



TO<mark>UCH Y</mark>OURSELF

"If you want sex and he doesn't, start masturbating — in front of him. Sounds crazy, but it will turn him on. It's happened to me, and it's worked."



"Some guys get offended if you bring them out, but explain that it's not that he's not good enough. It's just another way to make you orgasm."

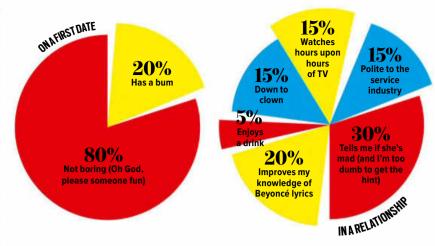




RIP MAN WINKLE

WHY DO GUYS... SLEEP SO LATE?

Guys love sleep because for a few golden hours, we're off the hook. The worst things happen when you're awake: traffic, root canals, your boss yelling at you, having to do laundry. In bed, we're free from the responsibilities and inconveniences of the waking world. Really. there's no good reason to wake up early. Why be tired all day just so you can beat the rush at Woolworths? Is someone throwing a birthday party at 7am? That literally never happens. Plus, brunch was invented so we could eat pancakes in the afternoon – it's our obligation to honour that. If you're one of those perky types who wants to watch the sun rise, why not wait 12 hours? It looks the same when it's setting. Most guys will emerge from hibernation for something really exciting – a road trip, for example. Men and women both love road trips, as you'd know if you've ever seen Crossroads or The Hangover. Some guys, I've heard, can even be motivated by morning sex. But if you want to do the nicest possible thing for your boyfriend, let him stay in bed. Please don't wake him up just to keep you company. I mean, you wouldn't bring someone along to the RTA just because you have to go there. Waking up early is the RTA of being alive.



WHAT HE REALLY, REALLY WANTS

A MAN'S SECRET STANDARDS

On a first date, he's basically just hoping you have a brain (and a bum). Once it gets serious, his needs get slightly more specific. One guy breaks it down





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#createyourtaste





Build your own tacos

You are the architect of your dinner domain, so get creative and mix it up! Start with a few tips from chef Rick Bayless, author of More Mexican Everyday

GREEN CHILLI ADOBO

1/2 HEAD GARLIC, SEPARATED INTO UNPEELED CLOVES

- FRESH JALAPEÑO CHILLIES, STEMS REMOVED
- LARGE BUNCH EACH CORIANDER AND FLAT-LEAF PARSLEY, STEMS REMOVED. ROUGHLY CHOPPED

Set a frying pan over medium heat, add garlic and chillies. Roast them, turning regularly, until soft and browned. Slip skins off garlic, roughly chop everything, and scoop into blender. Add herbs, 1 cup olive oil and 2 tsp salt. Process until nearly smooth. Reserve 1/3 cup adobo, adding 2 tbs water. Refrigerate the rest.

RED CHILLI ADOBO

GREEN CHILLI = TANGY AND BRIGHT RED CHILLI = ROBUST

- 1/2 CUP CHILLI POWDER
- GARLIC CLOVES, PEELED
- TBS GROUND CINNAMON
- TBS BLACK PEPPER
- TBS GROUND CUMIN
- TBS DRIED OREGANO
- TBS APPLE CIDER VINEGAR
- 1½ TBS SALT

In a blender, combine chilli powder with 11/4 cup boiling water. Let cool. Put garlic into a bowl, cover with water, and microwave for 30 seconds. Combine with the chilli mixture and remaining ingredients in blender. Process until smooth. Reserve 1/3 cup adobo. Refrigerate the rest for next time you feel like tacos.

tortillas

AUTHENTIC

FLOUR

SOLID CHOICE IF THAT'S WHAT YOU PREFER

HOW TO WARM UP CORN TORTILLAS



proteins

BEST WITH GREEN

CHICKEN

PRAWNS

BREAST, THIGH

PEELED

BEST WITH RED

PORK TENDERLOIN, CHOP

BEEF SKIRT STEAK

In a 30cm heavy skillet set over medium-high, heat 2 tbs oil. When you see the first wisp of smoke, lay meat in a single layer and toss in 1 medium onion, cut into 1cm slices. When meat is richly browned on one side, about 5 minutes, brown the other side then remove meat and onions to a plate. (If onions aren't finished browning, leave them in 1 or 2 minutes longer.)

WILL YOU GO GREEN...

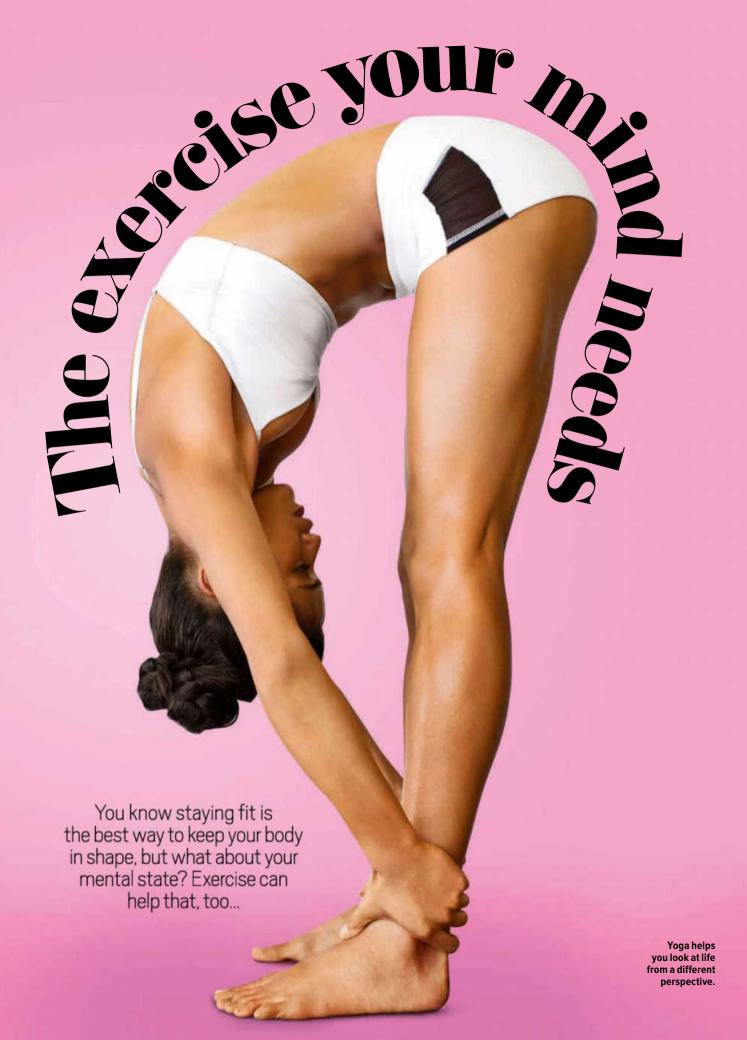
Return the pan to medium heat. Slice the protein, add it and the onions back into the pan and stir in the reserved 1/3 cup green chilli adobo. If the mixture looks like it needs to be saucier, add a little more water. Taste everything, and season to taste.

OR RED...

Return the pan to medium heat. Add the reserved 1/3 cup red chilli adobo. As it sears and thickens in the pan for 2 to 3 minutes, slice the protein. Add 1/3 cup water to give it the consistency of BBQ sauce. Let simmer for a few minutes so the flavours meld, then add the protein and onions. Season to taste.

DON'T FORGET THE MARGARITAS We love this sweet and savoury one from The Tippling Bros. A Lime and a Shaker: 1 cup ice, 57ml blanco tequila, 36ml simple syrup, 2 ripe strawberries, 29ml fresh lime juice, and 1 pinch ground cumin. Blend till smooth. Pour into a tall glass. Garnish with strawberry, and dust with cumin.

MAKE IT GREAT Heap mixture into a warm serving bowl. Serve with warm tortillas, crumbled feta, a handful of coriander, and whatever else you damn well please.



ne in five Australians will experience some kind of mental health problem every year, ranging from anxiety to depression. But while traditional means of recovery like drugs and therapy are often effective, they don't always appeal to - or work for - everyone. Exercise can have amazing benefits for those with mental health issues - whether it's joining a social sports club, hitting the gym or taking up an active hobby. We spoke to personal trainer and sports-psychology expert Scott Laidler to find out which workouts are best for our minds...



Sport changed my life

AMY, 26, HAS SUFFERED WITH MENTAL HEALTH ISSUES FOR 10 YEARS. SHE EXPLAINS HOW GETTING ACTIVE MADE ALL THE DIFFERENCE FOR HER

"I've been going to group classes for three years and believe it has played a really crucial part in my recovery - the classes help with my motivation and keep me in a structured routine. The most important time for me to go is exactly when I don't feel like going, as it stops me from withdrawing - so not only is the physical

side of it hugely beneficial, the social side has been crucial too. I've made new friends, which has boosted my confidence, and really look forward to going out for tea, cake and a bit of a chat after the Saturday session. Lately I've also been able to start reducing my medication, which just feels so amazing!"

For **LONELINESS**



Try...

Why?

Not only do team sports help you make new friends and feel like you are part of a community, research also shows that people who have joined sporting teams have increased confidence levels. an improved social life and better ability to deal with more serious mental issues such as depression," says Laidler. It might seem daunting but be brave – you might just find your soulmate.

For **ANXIETY**



Why?

Yoga is amazing for reducing adrenaline and other stress hormones, while also raising levels of feel-good hormone serotonin - and the effect will help you to find inner calm. "Yoga is mindful and that can positively affect the way you think about life," says Laidler. "It helps you develop a relaxed way of looking at things, especially the aspects of life that are beyond your control."

For **STRESS**



Why?

"Hitting a punching bag can stimulate a release of endorphins - aka our 'happy' hormone - to help alleviate stress and provide an outlet for frustration and anger," says Laidler. Imagine the bag is everything in life that's causing you stress, and pretend you're punching it away with every hit. (Or just picture the face of that person who drives you mad.) It sounds cheesy, but it works.

For LOW CONFIDENCE



Try...

Why?

"Resistance training is perfect for building self-esteem because it allows you to not only work to a set regime, but also to track your workouts by watching both statistical and visual progress," says Laidler. So, as you get stronger, fitter and actually see your body (and the numbers on the dumbbells) start to change for the better, your selfconfidence will skyrocket, too.

For **DEPRESSION**



Why?

"If merely getting out of bed is challenge enough, walking can be a great way to get your body mobile and active without having to exert too much energy," says Laidler. The aerobic nature of walking will help to get the blood flowing to your brain, and as vou get stronger over time, try building up to a gentle jog. Make a walking date with a friend to ensure you get out, especially on the days you don't feel like it.

THE VITAMINS TO TAKE when you're...

Vitamins are good for us, right? Turns out, not always... We asked Catherine Price, author of The Vitamin Complex, when we should pop and when we should not



or folic acid (what it's called when it's man-made) is essential for any woman pre-pregnancy, as low levels increase the risk of birth defects. So pop 400mcg of folic acid daily when you're trying for a baby and during the first three months of pregnancy.

A VEGETARIAN

When you include meat, fish and dairy in your diet regularly, vitamin B12 and iron aren't really things you need to worry about, as your diet supplies more than enough. But for those people who eat very few (or no) animal products, like vegans or vegetarians, it's a completely different story; they often do need to take vitamin B12 and iron tablets, as these are the nutrients that keep your cells healthy. "Consider iron supplements if you have heavy periods," advises Price.

MISSING THE SUN Studies link low

vitamin D levels with seasonal affective disorder (SAD), plus it's so vital for healthy bones. The best source is sunlight, so during the cold months when you're stuck indoors, you may benefit from a sup of no more than 25mcg a day.

Do you stock up on vitamin C pills at the first sign of a cold? Sorry, you're wasting your time (and cash). In fact, "vitamin C supplements are not dangerous, but they have not been shown to prevent colds," says Price. "The truth is, most of us get plenty of vitamin C naturally from our diets alone if we regularly consume foods like oranges, lemons, broccoli, kiwifruit and tomatoes."

TALK TO YOUR GP!

Telling your doctor what supplements is incredibly important, says Price. "Even runof-the-mill vitamins and interact with medications.

Rather than resorting to a few glasses of shiraz or a tub of Ben & Jerry's, a lot of people tackle a low mood with the herbal treatment St. John's Wort. The problem is it also interacts with more than half of all prescription drugs - like the Pill. So unless your GP has confirmed that it won't interfere with any medication vou might be on, make Brazil nuts part of your daily diet just three a day provide your recommended allowance of selenium, a deficiency of which has been linked to increased risk of depression and anxiety.

IN AN AWFUL MOOD

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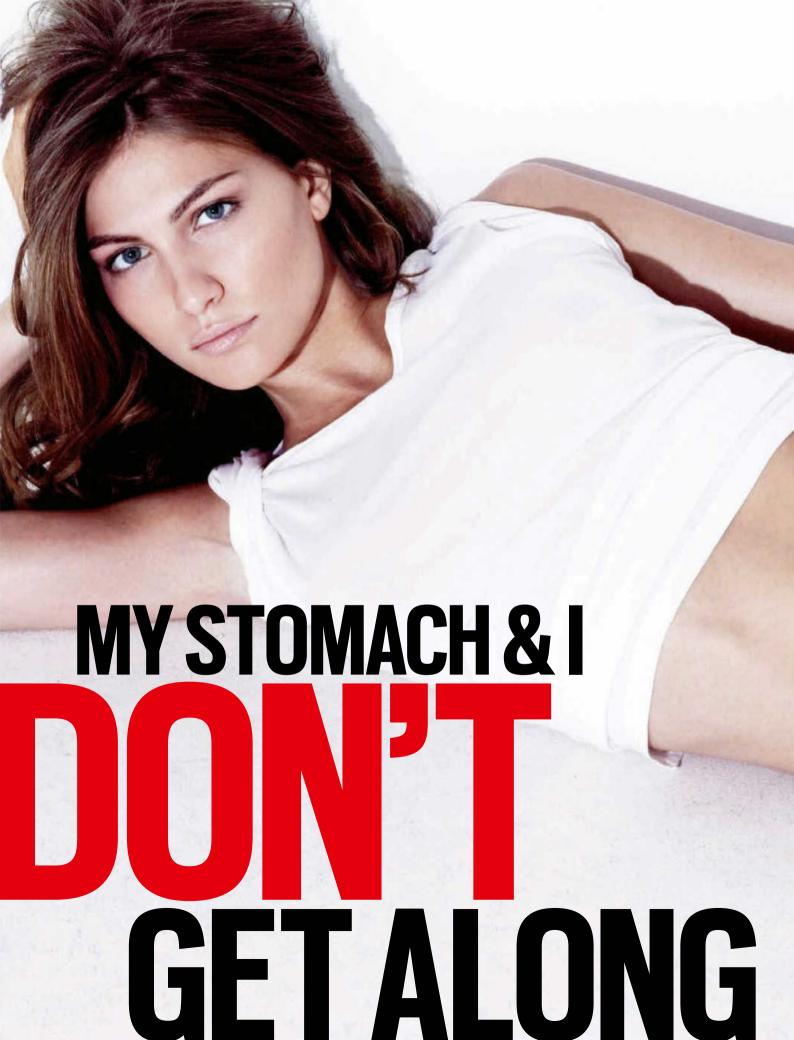
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rub my throbbing, watermelon-esque belly and sigh at my bloated reflection. "I look pregnant and we even skipped out on the complimentary bread and dessert," I whinge to my husband after dinner. Cue: awkward pause. "Oh, I'm not pregnant, it's just a food baby," I reassure him. Discomfort soon morphs into agony while my facial contortions put Van Gogh's "The Scream" to shame. Before long, I'm swapping my once-flattering dress for oversized trackies - but not before making myself a peppermint tea and putting a heat pack in the microwave. Stomach: 1. Pride and love life: 0. Stuff the saying "I hate your guts!" because really my gut hates me.

My abdominal mishaps are fairly mild and not too frequent, but I'm far from alone in my experiences. Up to 30 per cent of Australians experience irritable bowel syndrome (IBS) symptoms at some point in their lives, according to knowledgeable folk at The Gut Foundation (gutfoundation.com.au). Plus, women are more likely to have gut issues than men, in particular around period time. (As if menstruation wasn't blissful enough!) Poll your friends and family and you'll hear a variety of "I'm so bloated I can't do up my jeans at night" tales - and it's not just because they've overdone it at the buffet. It's their gut's way of throwing a hissy-fit to say something's wrong on the inside.

The ins and outs

OK, so what does IBS mean? Well, it's an umbrella term that sums up a spectrum of symptoms that aren't due to one individual problem, says New Life Nutrition dietitian Julie Masci, a specialist in gastrointestinal disorders. Basically, your doc rules out a bunch of other possibilities and IBS is the last diagnosis standing. "The symptoms include bloating, cramping, diarrhoea, constipation, wind or gas," says Masci. "Some people only have the odd mild flare-up, while others have daily severe symptoms."

Some good news: IBS has no serious effects on your health and is manageable, assures gastroenterologist Professor Terry Bolin, The Gut Foundation's president. We're only at the beginning of understanding the possible influence and benefits of a healthy gut, but some early research suggests it may be connected to autoimmune conditions, obesity, diabetes - even mental health. It's a hard area to study because everyone has a unique gut microbiome (a collection of microorganisms making up your body's ecosystem, also known as gut flora).

What we do know is your gut is the home of good and bad bacteria. When the bacteria get out of balance, you can have some problems, especially as much of your immune system is in the lining of your gut.

If you've got a stomach that's prone to outbursts, here's how to feel your best, inside and out.

|

Everyone's talking about the low FODMAP diet

If you seek help for IBS, you may be introduced to the golden child of gut-friendly diets. With a dietitian's help, you temporarily eliminate from your diet groups of highly fermentable short-chain carbohydrates – known as FODMAPs – then reintroduce them to pinpoint what's causing all your dramas.

Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols (FODMAPs) are basically a collection of molecules found in food. It's thought that in some people, they aren't as easily absorbed in the small intestine, so they cruise into the bowel where they are rapidly fermented by colonic bacteria. "The process of rapid fermentation leads to pain, wind, loose stools or diarrhoea," says Bolin.

How does it work? The restrictive diet helps you and your dietitian to make like Sherlock Holmes and discover what's triggering your symptoms. "Your dietitian will advise you to take these groups out of your diet for 4-6 weeks to give bacteria in your bowel a chance to recoup," Masci explains. "After a while your dietitian will help you to slowly reintroduce each group to see when things flare up again."

The thing to remember is that this diet isn't forever. "The worst thing you can do is stay on a low FODMAP diet long-term," says Masci. "It might only be one or two of the groups, so there's no need to limit or avoid the other foods."

BAD GUYS INC.

Skipping fermentable fibres

Keep these good guys in your diet. Think pickles, sauerkraut, kimchi, kefir – and yoghurt! This tub of goodness has been shown to change your microbiome for the better, according to a Canadian study.

SOME OF THE POSSIBLE CULPRITS MESSING WITH YOUR GUT

Stress and anxiety

If you get the runs when you're nervy, it may be your "brain-gut axis". "Your gut is full of nerve endings," says Masci. And because these messengers are similar to those in your brain, emotions can trigger your belly.

Food intolerances

It's one of the first causes people jump to – "Must've been something I ate!" – but most cases of IBS aren't due to food intolerance, says Bolin. "Some people may be sensitive to particular foods," he adds, but it's not necessarily always the case.



Smoking

Love a cheeky ciggie?
Stubbing out reduces
your heart attack,
cancer and stroke
risk, but it also
improves your
microbial diversity,
according to a
European study. Visit
quit.org.au for tips.

Gastro

Bali belly, anyone?
"In up to 25 per cent of cases, symptoms of IBS start after an attack of gastroenteritis and Traveller's diarrhoea," says Bolin. Toxins are released that may impair nerve fibres in your gut, and this damage may last well after you're unpacking your suitcase back in Australia.

Antibiotics

Gut flora cops it when you pop these pills to squash a nasty infection – even the good bacteria. Make sure you only take antibiotics when it's medically necessary.

HOW MUCH ARE YOU BEING AFFECTED? When it continue two people severity of the same.

When it comes to IBS, no two people's symptoms, severity or duration are the same. Check out the scale to see where your symptoms lie...



Not at all

No worries? No problem, comrade. You and your gut are on good terms, so just keep doing your thing – it's working.



A little bit

If symptoms are mild and not regularly occurring or affecting your life, then drink water, eat a balanced diet and move more. If things start to worsen, chat with your GP.

doctor ordere

"I'M OVER IT AND WANT ANSWERS!"

Ditch the self-diagnosing, drag yourself away from wellness blogs and go to a real GP. Dr Google is dangerous because everyone needs a tailored approach, reminds Masci. "Turning to the internet for answers can be like taking every puzzle off the shelf in Target, tipping the pieces onto the floor and trying to make sense of it," she adds. "A doctor can look at things holistically and determine the best path for you."

"BUT I FEEL SO AWKWARD..."

Don't be embarrassed (YouTube *Scrubs*' "Everything Comes Down to Poo" if you're not sold). "I've heard everything under the sun," insists Masci. "A specialist can help you put all the puzzle pieces back together and find a solution."

"HOW DO I GET DIAGNOSED?"

Unfortunately, there's no single test to diagnose IBS. Be prepared to talk eating and exercise habits, family medical history and lifestyle with your GP to give a clear overview. From here, every case is different. You may have blood tests and/or be referred to a dietitian and/or a gastroenterologist. Some people also have a faecal examination (exactly how it sounds) to check for parasites or infections, a colonoscopy (inspects your bowel) and/or an endoscopy (inspects your stomach).

"BUT IS THIS MY LIFE NOW, FOREVER?"

Here's the thing: you don't have to be in so much pain. Sure, there's no way to "cure" IBS. "But you can live a happy, normal life without many symptoms if you manage it correctly," assures Masci. "It's not going to kill you. Remember, there are experts who know how to help you."



TREAT YOUR GUT WITH TLC

A LITTLE CARE CAN GO A LONG WAY

Ditch this

Try this



Ease up on spicy and fatty foods, alcohol and caffeine.

"Everything from KFC to too much extra-virgin oil can trigger a response," says Bolin. As for caffeine? This means all pickme-up drinks, including Red Bull and Coke, not just coffee.



Over-eating can make your tummy churn more than a washing machine on spin cycle. Tune in to your hunger signals and ask yourself why you're reaching for that extra helping before chowing down.



Say goodbye to eating on the run or in a rush (that rules out hoovering down dinner while binge-watching Netflix). Set the table, savour meals, chew food properly and take your time.



Fill up on fibrous foods for a happy gut. "Try to eat a balanced diet, enjoy things in moderation and increase your fibre levels gradually to increase your chances of tolerating it," says Bolin. It'll be worth it in the end.



Get off your bum and get moving to reduce stress and support bowel function.

It's far better to schedule in some time for exercise (even if you don't feel like it) than be sprung with a sore belly later.



Fill up your water bottle or make another cuppa – drinking eight or more cups of fluids a day is key to keep everything working as well as it should be.

Moderately

When symptoms happen on a regular basis, weigh on your mind and impact your life (maybe ruining one too many date nights), see your doctor.



Severely

In pain so much that it's taking its toll on your physical and mental wellbeing? That's not OK. See your doctor as soon as possible.

It's unbearable

Not coping at all? Bookmark this page for later and get to a doctor right now! Seriously, what are you waiting for?

DANGER ZONE

EXPERIENCING RECTAL
BLEEDING? "IT'S NOT DUE TO
IRRITABLE BOWEL SYNDROME
AND NEEDS SPECIAL
INVESTIGATION FROM
YOUR DOCTOR,"
SAYS BOLIN.



Amelia Tait, 22, thought she'd contracted a simple infection — until she ended up in the emergency room

Cystitis in Control of the Control o

s I lay shivering in bed, despite wearing a dressing gown and a duffle coat, my temperature pushing 40°C, I knew that something was seriously wrong. In the past three days I'd only been able to manage three sips of juice, which had immediately come back up again.

It had all started with an urgent need to pee – I was rushing to the loo every 10 minutes, and passing water was painful. My first thought was that I had a urinary tract infection (UTI) such as cystitis. I'd never actually suffered from anything like this before, but had heard about it from pained-looking girlfriends.

But by the second day, the regular bathroom visits had stopped and were replaced by what felt like the flu. A week on, I was so ill I was shaking and delirious. Either that, or characters from *Harry Potter* really *were* appearing at the end of my bed.

Finally I went to see the doctor and he diagnosed a UTI. I was surprised, as the symptoms I associated with that had cleared up days earlier. And even more surprisingly, he seemed largely unconcerned by my temperature, nausea and delirium. However, tightly clutching the prescription for antibiotics he'd given me, I staggered home and hoped for the best.





Four hours later, I was lying on a bed in the acute care section of the emergency room, attached to a drip of antibiotics, painkillers and fluids, after my boyfriend had driven me to hospital. I had become so delirious (I have since been told), as I lay there I was singing the theme tune from *The Simpsons* at the top of my voice.

Blood tests quickly revealed I had what's called urosepsis: in the space of a week, the infection in my urinary tract had developed into a kidney infection, which had spread to my bloodstream. Scarily, if it hadn't been caught in time, it could have been fatal.

A killer illness

I decided to research my condition, and discovered that half of all Australian women will suffer from a UTI at least once in their lifetime (that's compared with just one in every 20 men). Nearly one in three women will have a UTI needing treatment before the age of 24. The most common UTIs are cystitis (infection of the bladder) and urethritis (infection of the urethra), and usually a quick course of antibiotics will clear it up. Although a mild UTI may not need antibiotics - and it's true that most clear up without complications – it's important to be aware of the possible risks. In my case, I developed a severe form of sepsis, where an infection sends the body's immune system into overdrive and can develop into septic shock, with potentially fatal consequences. Of around 15,700 patients in Australia diagnosed with sepsis each year, more than 3000 die. There are more deaths from sepsis than the annual national road toll.

In January 2009, the tragic death of Brazilian Miss World contestant Mariana Bridi Costa hit the headlines. The 20year-old had been diagnosed a month earlier with an antibiotic-resistant UTI and she suffered severe septic shock. Doctors amputated her hands and feet, and removed part of her stomach in an attempt to save her life. But within weeks she was dead.

"In our hospital units we see about five or six cases of urinary infections per week, and of these about two are severe sepsis," says Jeremy Crew, a consultant

urological surgeon at Oxford Radcliffe Hospitals NHS Trust in the UK. "Certain conditions, such as kidney stones or diabetes, can increase the risk of a UTI developing into urosepsis. But regardless of whether you're at risk or not, it's still important to go back to your doctor if a normal course of antibiotics fails to clear your symptoms."

Thanks to overprescribing and patients failing to finish a full course of antibiotics, some UTIs have developed a resistance to medication, which can raise the risk of recurrent infections (three or more UTIs per year). This means that sufferers are more vulnerable to rare complications, which could in turn lead to a rise in cases of sepsis.

I was one of the lucky ones although I stayed in hospital for three days with a fever, vomiting and relentless pain in my kidneys and my sides, I was eventually allowed to go home to recover, without any lasting damage. And when I later experienced yet another bout of cystitis, I went straight to the doctor for a course of antibiotics.

Complications from UTIs are still, thankfully, extremely rare - but if your symptoms persist, it's better to put your health in the hands of your GP, rather than waiting it out or reaching for the cranberry juice.

- · Cloudy or strong-smelling urine, the urge to pee frequently and pain in your lower abdomen can all indicate the presence of a urinary tract infection.
- If you start to feel feverish or sick, you develop a high temperature, your symptoms suddenly get worse or last for more than five days, seek help.
- · See your GP immediately if you're pregnant or you have diabetes and have symptoms of a UTI as well.
- Sex can move bacteria along the urethra, so have a wee after getting intimate to prevent UTIs.
- Not drinking enough water can allow bacteria to thrive, so make sure you keep hydrated.
- Wipe front-to-back after going to the loo to avoid spreading any bacteria.

dotrybuy

See what made our shortlist this month



1. Tech talk

The HUAWEI TalkBand B2 has got your back – just like a PA, but joined at the wrist. Compatible with your Android™ 4.0+ and iOS 7.0+ phone. RRP \$229-\$249. Visit TalkBandB2.com for more.





The new John Frieda Beach Blonde Ocean Waves Sea-Salt Spray creates softly tousled waves, while the Cool Dip Purifying Shampoo and Smooth Seas Detangling Conditioner nourishes strands. Shampoo and conditioner RRP \$15.99 each; spray RRP \$16.99. Check out johnfrieda.com.au.



3. Skinny dipping

Rip Curl's My Mirage Colour Block Halter and Revo Pant combo is comfy, stylish and supportive of your curves. RRP \$109.95. Visit ripcurl.com.au for more.



Developed by naturopaths, Vital Greens all-in-one supplement powder can help you with staying on track and feeling fab with just two teaspoons daily. Visit vitalgreens.com for more.



Less is Moi presents an African clash of colours, textures and boho styles. RRP from \$65.

Collection available at lessismoi.com.

*Note: Each piece is a one-off design and may vary in hide or fabric.



6. Guess who

As seen on Gigi in the GUESS campaign, the distressed Brittney denim jacket is this season's most sought after piece. RRP \$189.95. Available at GUESS stores or online at shop.quess.net.au.



The new THOMAS SABO Love Bridge bracelets series celebrates the connection between two people with a filigree sterling silver bar joining the ends of the bracelet, and space for a personal engraving. Take a look at thomassabo.com.

8. Hair care

head & shoulders is the world's number one shampoo* for good reason. The Smooth & Silky formula is rich in intensive moisturisers to help soften and restore dry, frizzy hair while staying flake-free. RRP \$12.49 each (400ml).

* P&G calculation based on Nielsen sales information July 2012-June 2013.







THE ROOKIE'S GUIDE 1



Heading to the markets for fresh blooms will leave your place looking (and smelling) heavenly without costing the earth

or wholesale markets like
Sydney (sydneymarkets.com.
au) and Brisbane (brisbane
markets.com.au) aim to get there
around 8-9am. They open really
early, but if you give it a couple of
hours, the already cheap prices get
even cheaper as growers want to
offload their blooms. If you get there
at pack-up time (early afternoon)
you'll only find a couple of varieties
to choose from.

▶ BE PREPARED

Let's face it, you're not getting up early for only one bunch. You'll no doubt end up with way more than you thought you'd buy, so bring a trolley or a big basket to carry your loot. Have a bucket, a bottle of water and scissors handy in the car so you can trim stems and keep them well hydrated for the trip home.

► DO A WALK-THROUGH

When it comes to mixed markets like the Queen Victoria Market (qvm.com.au) and the Adelaide Central Market (adelaidecentral market.com.au) don't go nuts as soon as you get inside. Suss out the scene first. Do a lap and see what everyone has on offer before you start buying. You don't want to max out your basket only to find more bargains elsewhere.

► BRING A PAL

Because hanging with your bestie is always a win. But also, having an extra set of hands means (a) someone to do a coffee run; (b) you can carry more flowers; and (c) you might save money! Some growers have specials like "buy four bunches for the price of two". Just split the cost.

HOW TO WRAP A BUNCH like a pro:

















WE'RE BRINGING PEN AND PAPER BACK

Put down your iPhone and send an old-fashioned keepsake you and your friends can treasure forever

1. Tags: \$5.99 for 10, Miss Bunting (missbunting.com). 2. Pegs: \$12.99, Typo (cottonon. com/typo). 3. Address book: \$4.99, Typo (cottonon.com/ typo). 4. Card: \$5.95, Blacklist (blackliststore.com.au). 5. Wax seal: \$140; wax stick: \$4.95, Papermarc (papermarc.com.au). 6. Notepad: \$22, Letter Love Designs (letterlovedesigns.com). **7, 15 & 17. Note set:** \$14.95, Kikki.K (kikki-k.com). 8. Card: \$4.95, Kikki.K (kikki-k.com). 9. Notebook: \$16.95, Typo (cottonon.com/typo). 10. Pen: \$1.99, Typo (cottonon.com/typo). 11. Pen: \$7.95, Typo (cottonon. com/typo). 12. Stamps: \$19.95; \$14.95, Kikki.K (kikki-k.com). 13. Cards: \$34.95 for 10, Kate Spade (davidjones.com.au). 14. Pen: \$44.95, Kaweco (notemaker.com.au). 16. Tape: \$22, Miss Bunting (missbunting. com). 18. Cards: \$40 for 10, Kate Spade (papierdamour.com.au).





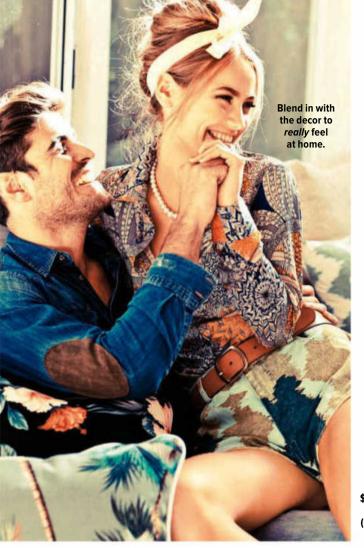
GET CRAFTY

Unleash your inner craft queen by making your own envelopes. Print out a map or photo or use some cool wrapping paper

- **1.** Start with a square piece of paper and fold two corners in to the centre to form two triangles.
- 2. Fold a third triangle in to the centre and glue down the edges to secure the shape.
- **3.** Slip in your letter and seal it up!



MMMORE! Scan the page for an envelope step-by-step tutorial.



MY ROOM TO OUR ROOM

He's moving in – congrats! Here's how to share your space so you can avoid fights and focus on the good stuff – like moving-day nookie

Makeup box: \$159, The Makeup Box Shop (makeupboxshop.

ORGANISATION IS KEY

Him moving in is the perfect excuse to sort out your beauty products. A clear organiser with drawers lets you display makeup while giving you easy access for daily use. Store your heat tools and hair products in a clear shoe rack hung on the back of the bathroom door. Use a corkboard as a pretty and practical display for your most-used jewellery.

► STORAGE HACKS ARE YOUR NEW BEST FRIEND

Switch your bedside tables for chests of drawers – great for storing small items like socks and underwear (you'll want nothing to do with his!). A wall shelf above your bed is an excellent place to put pretty trinkets and books. Drawers will hide personal items (ahem, you know what we mean). Add some smart seating with a pouffe that doubles as storage.





Bed: \$1399, Freedom (freedom.com.au)



► THE BEST WAY TO CREATE A SHARED SPACE ON THE CHEAP

Prints or framed pictures are an easy way to add pep that he'll like, too. Swap girlier quilt covers for something less, well, pink and gold – but don't think boyfriendly has to be boring! Keep it cool with stripes or bright colours, or add quirky cushions to liven up the room.

THE GROWN-UP'S GUIDE TO A GREAT CHEESE PLATTE

Something sweet, crunchy, a hard, soft and stinky cheese + assorted crackers — done!

Crunchy

Gonzo Girl, by Cheryl Della Pietra.

The one-time assistant to tripped-out journalism icon Hunter S Thompson pens a just barely fictional take on her epic former job.

Maybe in Another Life, by Taylor Jenkins Reid. A run-in with her high school BF sends Hannah down a "what if" rabbit hole – find out what's behind door number one and door number two.

The Hand that Feeds You, by A J Rich. You thought your break-up was rough. When Morgan's BF is killed, her dogs are prime suspects. And that's just the beginning.

Bennington Girls are Easy,

by Charlotte Silver. Two besties, recent grads of Vermont's hippiemagnet Bennington College, head to Brooklyn to attempt grown-up life.

Among the Ten Thousand Things, by Julia Pierpont. Things get really awkward really fast when a daughter and son stumble on a delivery... from their dad's mistress.

The New Order, by Chris

Weitz. This entry in *The* Young World trilogy is set in a dystopian NYC where only those aged 12 to 21 survived.

Go Set a Watchman, by Harper

Lee. Drop everything, immediately, and read this sequel to To Kill a Mockingbird, the discovery of which rocked the lit world to its core.



A. J. RICH

HARPER LEE

THE HAND THAT FEEDS YOU

Bennington Girls Are Easy Charlotte S

AMONG THE TEN THOUSAND THINGS JULIA PIERF













WE ARE YOUR

PLOT IN LESS THAN 20 WORDS: A coming-of-age drama about a DJ trying to make it in Hollywood. YOU'LL LOVE: Zac Efron. **HE'LL LOVE:** Emily Ratajkowski. Out August 27



FANTASTIC FOUR

PLOT IN LESS THAN 20 WORDS: Four misfits teleport to a universe where they're changed into superheroes. YOU'LL LOVE: The superhero vibe and scenery. **HE'LL LOVE:** The special effects, inspired by Steven Spielberg. **Out August 6**















PLOT IN LESS THAN 20 WORDS: A retired boxer is forced to make a comeback in order to win back custody over his only daughter. YOU'LL LOVE: Jake Gyllenhaal, as a dad. Adorbs! HE'LL LOVE: 50 Cent's cameo, and probably the boxing. Out August 20



SELF/LESS

PLOT IN LESS THAN 20 WORDS: A terminally ill billionaire undergoes a procedure to transfer his consciousness to a younger man's healthy body. YOU'LL LOVE: The intricate plot with plenty of twists.

HE'LL LOVE: The sci-fi premise.

Out July 23



FaceTime with Sarah Rafferty

OUR FAVE ON-SCREEN EA TALKS SUITS, AMY SCHUMER AND LOVE

ON WHETHER SHE'S TEAM MIKE OR TEAM HARVEY...

"I would like to just cherry pick pieces of both of their personalities. Harvey is a pro, and his winningness is very alluring in terms of not just charm, but also the fact that he actually wins cases! But Mike has his

heart in the right place, and that kind of combination of incredible intelligence and then softness in his heart is really lovely.

ON HOOKING UP WITH A COLLEAGUE IRL...

I'm a desperate romantic, so I want love to win! My character, Donna, has a very firm stance on that, though. Unfortunately, she would say no to workplace relationships of any kind.

ON WHAT SHE'S BINGING **ON RIGHT NOW...**

Inside Amy Schumer. I love her so much.

What the stars are throwing your way this month...



24.09 - 23.10

Your ruler, the Negotiating alluring Venus, finally goes direct on the 6th, and the Sun will move into your sign on the 23rd. Make a lasting change with someone or something important when the lunar eclipse falls in your zone on the 25th. of relationships on the 27th.

YOU NEED: To be direct and go after what you want!

THE LIBRA GUY: Help him through some major life changes by being your usual warm, sensible self. He will never forget your support.



24.10 - 22.11

a tricky career move may have left you frazzled. You will see with clarity after the 5th when the Sun forms a perfect trine to your ruler, powerful Pluto. Try to stay cool if you butt heads with a good friend

YOU NEED: To keep an eye on your cash flow.

THE SCORPIO **GUY: Work has** made him less attentive than usual. When the coast clears around the 13th, show him what it really means to be tied up.



23.11 - 22.12

The New Moon solar eclipse in your career zone on the 13th will introduce some opportunities for growth that will complement your new goals. When practical Saturn moves into your sign on the 17th, you'll know what to focus on.

YOU NEED: To balance your natural optimism with realism.

THE SAGITTARIUS GUY: He's way into surprises now, and he will love it if you send him on a sexy scavenger hunt to your most exciting areas.



23.12 - 20.01

Who says gold stars are just for school kids? On the 9th, some glittering praise from higher-ups may cement your celestial status. Make sure your online presence is up to standard when a second wave of attention hits on the 25th.

YOU NEED: A blog, Tumblr or Insta upgrade.

THE CAPRICORN **GUY: He's pining** for a romantic getaway with just you. Scour the interweb's best deals and pack light - 'cos you won't need much clothing!



21.01 - 19.02

A financial breakthrough vou're seeking may finally arrive! Look for answers around the 8th, when vour ruler. independent Uranus, forms a trine with take-charge Mars. Indulge lightly on the 22nd - it may well be a very satisfying day.

YOU NEED: To skip town towards the end of the month!

THE AQUARIUS **GUY: All sexy** distractions are out now, except for any that you dream up - so blindfold away!



20.02 - 20.03

Someone sexy might catch your eve close to the solar eclipse in your zone of relationships on the 13th. You should turn up the heat with your hot new, or rekindled, flame around the 24th, and present a fresh pitch at work.

YOU NEED: To date beyond your usual type.

THE PISCES GUY: He's been bitten by the love bug - hard. Revisit your dreamy early days with candles, kisses and lingering caresses.



21.03 - 20.04

You'll be at the top of your game around the 1st when your ruler, go-getter Mars, unites with calm, harmonious Venus. After the 23rd, your attention will shift to friends, family and lovers. The Full Moon lunar eclipse in your sign on the 27th will be a magical night.

YOU NEED: To eat well and stay energised.

THE ARIES GUY: He's juggling important new responsibilities. Lessen his load by initiating more of the action.

and sensual style are vintage Virgo. September 4, 1981





21.04 - 21.05

Consider taking things to the next level with someone really special after the solar eclipse in your house of true love and romance on the 13th. A grand gesture might be in order on the 22nd - an incredible day for romance.

YOU NEED: To trust yourself.

THE TAURUS **GUY: Twice-daily** avm sessions have him feeling himself à la Nicki and Queen B. Help him get squeaky clean with a steamy shower at home.



22.05 - 21.06

You can't see your future with 20/20 vision right now - and that's OK! After your ruler, clever Mercury, goes retrograde on the 17th, sketch out a new path for yourself. After a little reflection, the future will look so bright you're gonna need shades.

YOU NEED: To surround yourself only with meaningful, special things.

THE GEMINI GUY: He wants to be big spoon! Curl up close this month for warm, lazy loving.



22.06 - 22.07

Romance may find you on the 5th when the Sun forms a trine to Pluto in your zone of romantic relationships. Feather your nest with a fresh set of luxe sheets after the 23rd, when the Sun slips into your zone of home and family.

YOU NEED: To balance your quiet time and party time.

THE CANCER GUY: Cut Mr Busy some slack if he's been MIA. A group dinner with your mutual friends will help him catch up.



After Venus starts moving direct again on the 6th, stop gripping your stress ball! Plan a trip with your crew close to the Full Moon lunar eclipse on the 27th for some much-needed stress relief.

YOU NEED: Fresh perspective on matters of love and money.

THE LEO GUY: He's been flakier than a croissant. When his head is back in the game after the 6th, let him know you prefer it when he's the bagel to your spread.



THE **VIRGO GUY**

Prince Harry 15.09

LOVES: Spending plenty of time with thoughtful, creative types who inspire him.

HATES: Violence and in-your-face, OTT energy.

DREAM DATE:

Glamping! He'd love a decadent picnic in the great outdoors.

WIN HIM OVER:

With long, witty conversations that reveal your charm and allure is way more than skin deep.



VIRGO

24.08 - 23.09

Stellar gifts: Keenly observant and sensitive to your environment, you can fit in anywhere, anytime.

Blind spots: Your desire for perfection sometimes makes others feel like they'll never measure up.

Fashion faves: High-low clothing and accessories that ride the line between edgy and classic.

Indulgence: A big overseas adventure where you can totally unplug and unwind.

Seduction style: The queen of subtle flirtation, you bond with vour crush over shared interests. Then once they're hooked, deliver on all those unspoken promises.

Your month: When Venus comes out of retrograde on September 6, you'll gain clarity about a personal matter. A solar eclipse in your sign one week later on the 13th will leave you feeling even more prepared to start a new chapter in your life.

Your year: Don't be afraid to stand out at work, and that goes for romance too! December and February are shaping up to be steamy. Plan an adventure where you can let loose, then channel that energy back into the office.

You need: To prepare for big changes and a bright future.

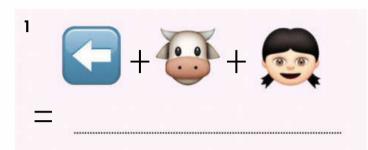
BEST MATCHES

CANCER: You make a loving, intuitive and empathetic team.

SCORPIO: A passionate pair, you're deeply private, sexual people who bring out the best in each other.

SEX POSITION

Consider this your in-bed entertainment for the night

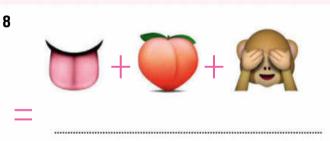




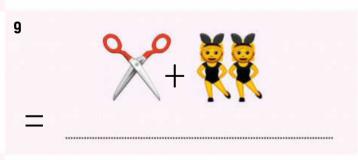






























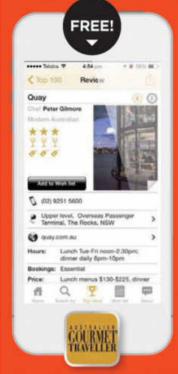




Dolly Doctor



Harper's Bazaar TV



Gourmet Traveller Restaurant Guide 2014



Gourmet Fast



ROUND DRAW

Rugby League Week +



Cosmopolitan Australia

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